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IDENTIFIERS	Canada; Fetal Alcohol Syndrome (Alberta)

ABSTRACT

A product of the Four Worlds Development Project which is dedicated to eliminating alcohol and drug abuse in Canadian Native societies by 2000, the annotated bibliography cites more than 275 resources dealing with the prevention of alcohol and drug abuse. Subject categories include adolescent alcohol and drug abuse, children of alcoholics, fetal alcohol syndrome, health, nutrition, and education and human development. A separate section cites 95 publications of 10 alcohol and drug information organizations. Curriculum materials are arranged by age level from elementary through adult. Listed alphabetically by title under subject categories, citations provide bibliographic information about title, author, publisher, date and place of publication, plus an abstract and audience recommendations. While the bibliography contains no table of contents or indexes, cross reference notes at the end of many sections indicate the categories and pages where related materials are listed. The resources include books, handbooks, textbooks, pamphlets, articles, posters, manuals, curriculum materials, and videos. (NEC)

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The Four Worlds Development Project is the result of many people's efforts and wisdom. Some were directly involved, others inspired us through their work in education and alcohol and drug abuse prevention.

Direction for this project was set at a conference held in Lethbridge, Alberta in December, 1982. Participants at the conference were native elders, spiritual leaders and professionals of various native communities in North America. Their contributions were framed by their deep commitment to native people and their own, often hard won, experience. To each of them we offer our deepest respect and appreciation.

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Rose Yellow Feet

EDITORIAL NOTE:

In English it is impossible to refer to a person without using a pronoun that indicates gender or sex (e.g., he or she, him or her, his or hers). Since there is no special word to refer to a person whose gender is not known, most writers have chosen to use the masculine form in these situations.

This custom of using the masculine form when referring to a person who is not known to be a female, has caused a conspicuous absence of reference to women in English writing.

Thus all of the great ideas and discoveries discussed in English literature are expressed in masculine terms and the reader constantly visualizes males, rather than females, as active participators in the world. Our society's tendency to devalue the role and contributions of women is only augmented by this lack of picturing women in an active creative role.

The Four Worlds Development Project has chosen to alternate the use of feminine and masculine pronouns whenever the reference is unspecific. This choice of usage is a deliberate one to avoid the awkwardness of the compound form (he/she; him or her) while at the same time acknowledging the harmful consequences of bowing to a convention that persistently forces its audience to visualize the world as dominated by men and operating on ideas expressed in masculine terms.

ALCOHOL AND DRUG ABUSE

GENERAL RESOURCE MATERIAL

Alcohol Problems and Alcoholism: A Comprehensive Survey. Royce, James E., (MacMillan Publishing Co., New York, N.Y.), 1981, 383 pp.

This work gives perspective to the diverse claims and approaches regarding the causes, nature, and treatment of alcoholism. It provides an integrated approach to alcoholism based on a wholistic, psychobiological view which supports the disease concept and A.A. while presenting current information with extensive elaboration of research. While being as thoroughly documented as a college text, it is, however, practical enough to be of interest to para-professionals and counsellors who wish to update their knowledge, and the one million recovered alcoholics who are eager to learn more about their illness. More than 750 entries make the bibliography an invaluable guide to other materials.

An invaluable resource for counsellors and health care people working directly with alcoholism problems.

Alcohol: Use, Nonuse and Abuse (2nd ed.). Carroll, Charles R., (Wm. C. Brown Co., Dubuque, Iowa, U.S.A.), 1975, 84 pp.

This book is a synthesis of facts and comments on alcohol abuse, with emphasis on the following areas:

- Use of alcohol as a custom in American social life
- Motivations for use
- Psychology of alcohol use
- Prevention
- Impact on the family
- New theoretical material on causation
- Driving safety

Resource material useful for teachers planning alcohol education programs.

Alcoholism: Development, Consequences, and Interventions (2nd ed.). Estes, Nada J. and Heinemann, Edith M., (eds.), (C.V. Mosby Co., St. Louis, Missouri), 1982, 385 pp.

This book, written for all persons concerned with the care of those who have alcohol-related problems, was developed out of the challenge faced in identifying essential content for a program of study in alcohol and drug abuse nursing at a collegiate school of nursing. Contributors to the book represent a variety of disciplines and address a broad spectrum of topics. The content is based on the notion that alcoholism is a multifaceted condition, requiring a variety of treatment approaches.

Excellent reference material for nursing and alcohol counselling professionals.

Alcoholism: The Nutritional Approach. Williams, Roger J., (University of Texas Press, Austin, Texas), 1980, 118 pp. (2 copies).

The author believes that alcoholism is a physical and usually curable disease. While recognizing that psychiatry, medicine, and religion, as well as nutrition, must all play a part in the rehabilitation of the alcoholic, he asserts that unless the body chemistry is so adjusted that the appetite mechanisms function properly, nothing can bring success.

Interesting reference material in the area of nutrition: useful for diet counselling.

Arresting Alcoholism. (Christopher D. Smiths Foundation, Mill Neck, New York), 33 pp. (2 copies).

This book is designed for the alcoholic, his family, associates and employer and presents practical steps toward permanent sobriety and coping with this little-understood illness.

Alcohol abuse counselling material for the counsellor and the alcoholic.

Drug Abuse and Alcoholism: Current Critical Issues. Cohen, Sidney, (ed.), (Haworth Press Inc./Collected Essay Series, 149 Fifth Avenue, New York, N.Y., U.S.A. 10010), 1981, 62 pp.

This publication contains seven comprehensive reviews of pertinent facets of the drug-alcohol problem. They include discussion about women and alcohol, management of alcoholic and depressive problems, current street drug use, legal aspects, and other social and political questions concerning substance abuse.

Resource material for alcohol and drug abuse counselling programs.

Drugs, Society and Human Behavior. Ray, Oakley Ph.D., (C.V. Mosby Co., St. Louis, Missouri), 1983, 512 pp.

This book discusses substance abuse using a historical perspective to look at the psychosocial issues raised by advances in pharmacology and changes in society. The material presented is an amalgamation of facts, attitudes, opinions and perspectives necessary to understand what psychoactive drugs do, how they do it, who uses them and why.

An excellent resource for drug abuse curriculum development.

Drug User The: Personality Issues, Factors and Theories: An Annotated Bibliography. Einstein, Stanley, (Plenum Press, New York, N.Y.), 1983, 208 pp.

This book is a comprehensive, briefly annotated bibliography of articles, books, publications, and presentations of the personality and behavior of the drug user.

A source book for drug-related materials.

Etiologic Aspects of Alcohol and Drug Abuse. Gotthell, Edward, M.D., Ph.D.; Druley, Keith A., Ph.D.; Skolada, Thomas E., Ph.D.; Waxman, Howard M., Ph.D., (Charles C. Thomas, Springfield, Illinois, U.S.A.), 1983, 330 pp.

Contains articles on substance abuse by leading experts in the field. It is divided into three sections which present biological, psychological, and sociocultural approaches to the subject. Articles discuss genetic factors, animal models, opiate addiction, ethanol metabolism, and the biological consequences of alcoholism. The sociocultural factors of religious influence, family, and Alcoholics Anonymous are also examined.

A very thorough and in-depth treatment of substance abuse that would be extremely valuable for professionals in health care and alcohol abuse counselling programs.

How To Live With a Problem Drinker and Survive. Forrest, Dr. Gary G., (Atheneum, New York, N.Y.), 1980, 117 pp.

This book is addressed to immediate family and friends of the alcoholic. It offers strategies and guidelines for more responsible and rational behavior in their relationship with the alcoholic.

> "It may be cold comfort, but bear in mind that you are already putting in much commitment and work, of a neurotic kind, to survive in your present situation. Why not devote the same amount of energy toward building a healthier, happier life for yourself?" -- the author.

I'll Quit Tomorrow: A Practical Guide To Alcoholism Treatment. Johnson, Vernon E., (Harper & Row, New York, N.Y.), 1980, 182 pp.

This book presents the latest information on the emotional syndrome that accompanies alcoholic relapse, the significance of blackouts, and the effects of the disease on spouses, families, and friends. It advocates the importance of utilizing a "crisis" to turn alcoholics away from addiction or dependency.

An important handbook for those involved in alcohol counselling programs.

Inebriety: It's Source, Prevention and Cure. Palmer, Charles Follen (Armo Press, Reprint Edition, New York, N.Y.), 1981, 109 pp.

This is a reprint of a 1898 edition of a study on alcoholism. It provides an interesting examination of attitudes and theories on alcohol abuse in the last century.

Interesting reference material of a historical nature for those involved in the treatment of alcoholism.

Journal of Alcohol and Drug Education (Nos. 2 and 3, Volume 28, Winter/Spring 1983). Globetti, Gerald (ed.), Alcohol and Drug Problems Association of North America, Department of Sociology, Box 6019, (University of Alabama, University, Alabama, U.S.A. 35486).

This journal serves as a forum for various educational philosophies and differing points of view in regard to alcohol and drugs. It reports teacher experience and provides a reference for actual teaching materials, techniques, and procedures. It is published four times a year.

Good resource material for drug and alcohol abuse curriculum and programming.

Loosening The Grip: A Handbook of Alcohol Information. Kinney and Leaton, (C.V. Mosby Co., St. Louis, Missouri, U.S.A.), 1983, 353 pp.

This book contains basic information useful to alcohol counsellors or other professionals dealing with alcohol problems. It is an attempt to synthesize, organize and "translate" the information from medicine, psychology, psychiatry, anthropology, sociology, and counselling that relates to alcohol use and alcoholism treatment.

Excellent resource material for alcohol counselling programs.

Making Choices. How Alcohol and Other Drugs Can Affect Your Life. (Johnson Institute Inc., 10700 Olson Memorial Highway, Minneapolis, Minnesota, U.S.A. 55441), 1981, 24 pp.

This is a small booklet which examines alcoholism as a treatable disease, analyzes the stages of alcoholism, and discusses treatment modalities.

Concise and informative work that would be valuable in alcohol counselling.

Mind Drugs (4th ed). Hyde, Margaret O. (ed.), (McGraw Hill, New York, N.Y.), 1981, 168 pp.

This is the fourth edition of a widely acclaimed book dealing with today's changing patterns of drug abuse. It includes new information about the use of cocaine, marijuana, phencyclidine (PCP, angel dust), and alcohol. The book is composed of nine articles by different clinical experts who discuss the above factual information, while addressing themselves to the social setting of drug use. Promising new drugs that may help addicts fight heroin are part of the experimental picture. Problems with tranquilizers that were once considered nonaddictive are examined. The effects of marijuana and of a variety of drugs on driving, when used alone or in combination, are also described.

This book is a valuable resource for the counsellor dealing with drug and alcohol abuse, and for teachers and parents who want to understand some of the implications of "the drug scene".

No Laughing Matter: Chalk Talks on Alcohol. Marin, Father Joseph C., (Harper & Row, New York, N.Y.), 1982, 165 pp.

This is a practical and helpful guide to understanding and overcoming alcoholism. The author remains practical in discussing attitudes toward, the reasons for alcoholism; the physiological, psychological effects; health problems; symptoms; intervention; treatment and support; and where to turn for further information and assistance.

Basic reference material for alcohol abuse counselling.

Overview of the Four Worlds Development Project. (The Four Worlds Development Project, the University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, Canada T1K 3M4), 1984.

The Four Worlds Development Project is a wholistic education and development project that serves native communities across Canada. The project is dedicated to the elimination of alcohol and drug abuse in Canadian Native societies by the year 2000. The **Overview Paper** describes the wholistic approach of the Four Worlds Development Project to transform the context that gives rise to alcohol and drug abuse in native communities. The paper describes how the Four Worlds' strategy is rooted in native culture and the guidance of wise elders, and articulates a set of first principles upon which any wholistic approach to human transformation must be based.

Available free of charge in English and French upon request from National Native Alcohol and Drug Abuse Program of Health and Welfare Canada.

Pharmacology of Alcohol. Goldstein, Dora B., (Oxford University Press, New York, N.Y.), 1983, 179 pp.

This is an extremely technical book using complex medical and scientific terminology to examine the biological basis of alcoholism and the medical consequences of heavy drinking. As an introduction to the experimental pharmacology of alcohol, it concentrates on studies that illustrate important principles and techniques. Some of the materials covered are:

- Absorption, distribution, and elimination of ethanol
- Biophysical pharmacology: alcohol effects on biomembranes
- Interaction of ethnanol with neurotransmitter systems
- Alcohol and the endocrine system
- A note on fetal alcohol syndrome

This book is a useful reference for health care professionals who have enough background in pharmacology to understand an advanced text such as this.

Preventing Alcoholism. (Christopher D. Smithers Foundation, Mill Neck, N.Y.), 78 pp.

This publication focuses on primary prevention. It stresses the dangers of alcohol abuse, and promotes awareness of the fact that ethyl alcohol is actually a drug and should be treated as such with recommended controlled intake and warnings as with all other drugs.

Alcohol abuse counselling material for the counsellor and the client.

Prevention, Intervention and Treatment: Concerns and Models, Alcohol and Health Monograph 3. U.S. Department of Health and Human Services Alcohol, Drug Abuse, and Mental Health Administration, (U.S. Government Printing Office Washington, D.C., U.S.A.), 1982.

This book describes the three levels of response -- primary, secondary, and tertiary -- that have been developed to address problems of alcohol use. It reviews current approaches and strategies for prevention; presents the concept of and describes intervention activities; discusses treatment issues and methods; and enumerates currently available and evolving resources (within American federal, state, local, and voluntary sectors) for implementing alcohol related programs.

A good resource book for alcohol abuse programming.

Prevention of Alcohol-Related Problems: An International Review of Preventive Measures, Policies and Programmes. Moser, Joy, published on behalf of The World Health Organization by the (Alcoholism and Drug Addiction Research Foundation, Toronto, Ontario), 1980, 272 pp.

The book sets out detailed information from sources in more than 80 countries on the extent and nature of alcohol problems, on the range of preventative possibilities and on relevant policies and programmes currently being used.

Excellent resource material for alcoholism curriculum and counselling program development.

Psychology of Alcoholism, The (reprint edition). Cutten, George Barton, (Arno Press, New York, N.Y.), 1981, 357 pp.

This book is a reprint of a thesis written in 1902 at Yale University. It is a historical document providing some interesting reading on insights and observations about alcoholism within the scientific medical community at the turn of the century.

Interesting reference material for those involved in the treatment of alcoholism.

Recent Advances in the Biology of Alcoholism: Advances in Alcohol and Substance Abuse (Vol I, No. 2). Stimmel, Barry, M.D. (ed.) and Lieber, Charles S., M.D. (guest ed.), (Haworth Press, New York, N.Y.), 1982, 123 pp.

An extremely technical collection of articles dealing with the biochemical impact of alcohol on human body systems; e.g., "Alcohol Metabolism and Its Interaction with Drugs"; "Polymorphism of Human Alcohol and Aldehyde Dehydrogenase".

Reference material for medical professionals.

Research 30 Monograph Series. Lettieri, Dan J., M.D.; Mollie Sayers; Helen Wallenstein Pearson, (eds.), (National Institute on Drug Abuse, Rockville, Maryland, U.S.A., Department of Health and Human Services), 488 pp.

This volume presents a representative selection of contemporary theoretical material in the drug abuse research field derived from the social and biomedical sciences. It is a major reference volume for research scientists, gives theorists a forum in which to present their views, and allows interested readers to compare and contrast the diverse range of theories on drug abuse.

This volume is of particular value as reference material for the counsellor dealing with drug abuse.

Social Groupwork and Alcoholism. Altman, Marjorie and Crocker, Ruth (eds.), (Haworth Press, New York, N.Y.), 1982, 92 pp.

This book, which expresses an understanding of the multiple and intergenerational impacts of the disease of alcoholism at all levels of society, is a selection of papers on the use of groups in treatment and preventative services. There is an emphasis on health when considering alcoholism. This reflects a firm connection with the traditions of social work, specifically social group work.

Excellent resource material for professionals involved with group therapy in alcohol abuse counselling.

Teaching Facts About Drugs: Pushing or Preventing? Stuart, Richard B., Journal of Educational Psychology, 1974, Vol. 66, No. 27, pp. 189-201.

This article discusses the possibility that the dissemination of drug use and abuse information may actually cause an increase in substance abuse, rather than decreasing it. This kind of conclusion should have an important influence on the design and application of substance abuse programming.

An important article which should be included as resource material in curriculum and program design in substance abuse.

More general resource materials are listed under the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (see pp. 45-58). See also the section entitled "Resource Material Published by Health Organizations", (pp. 70-73), especially:

1. Health's-a-Poppin
   "Alcohol and Accidents"

RESOURCE MATERIAL
ABOUT ADOLESCENT ALCOHOL AND DRUG ABUSE

Through Living Hell: From Alcohol and Back. Herbie A., (Carlton Press Inc., New York, N.Y.), 1981, 64 pp.

This is a short interesting book about one man's long struggle with alcoholism from the age of ten, through active service in a world war, through car accidents, stints in hospitals, lunatic asylums and jails, to a final grasp on sobriety through Alcoholics Anonymous.

A moving very readable story useful for the individual struggling with alcoholism.

Adolescent Relations With Parents and Peers: A Literature Review. Walmsey, Yvonne, (AADAC Program Development Division, Edmonton, Alberta), July 1980, 37 pp.

This report reviews the most recent literature about the nature of adolescents' relationships with their parents and peers. The report is divided into four sections. The first reviews literature documenting the broadening social orientation of adolescents and the relative influence of parents and peers. Relations with parents and peers receives more detailed and separate analysis in parts two and three. The report concludes with tentative implications of this review for promotional campaigns on adolescent alcohol use.

This report is a useful reference for youth counsellors.

Adolescent Response to Promotional Campaign. Walmsley, Yvonne, (AADAC, Program Development Division, 7th Floor, 10909 Jasper Avenue, Edmonton, Alberta), December 1980, 10 pp.

This material reviews, in a very general way, the techniques and philosophy of reaching the adolescent target audience. Advantages and disadvantages of various media are considered. It concludes with some overall suggestions for techniques for reaching adolescents.

This report could be useful in planning alcohol abuse media campaigns.

Alcohol on Youth: A Study of Adolescent Drinking Attitudes and Behavior in Alberta. Heffring Research Group, (AADAC, Program Development Division, Edmonton, Alberta), July 1980, 104 pp.

This study uses the same methodology as the Heffring Study of "Parental Attitudes Toward Adolescent Drinking in Alberta" in which a two-phase investigation using a diagnostic group discussion and a quantitative self-completion questionnaire is implemented. The respondents were chosen from junior and senior high school classes from Edmonton, Grande Centre, Calgary, Drumheller, Lethbridge, and Camrose.

Steering Clear: Helping Your Child Through the High-Risk Drug Years (An Approach for the 80's). Cretcher, Dorothy, (Winston Press, Oak Grove, Minneapolis, Mn., U.S.A.), 1982, 112 pp.

This book provides guidance for parents on how to deal with and help to avoid substance abuse among adolescents. The author gives a statistical overview of substances and their use, examines motivations, prevention and provides a bibliography of material and agencies.

Good reference material for drug counselling and curriculum with parental involvement.

Study of Parental Attitudes Toward Adolescent Drinking in Alberta. Heffring Research Group Ltd., (AADAC, Program Development Division, Edmonton, Alberta), November 1980, 75 pp.

This study was commissioned by the Alberta Alcohol and Drug Abuse Commission to provide some basic facts and insights into parents' abilities to understand and respond to adolescent drinking attitudes and behaviors. It is a description of a two-phase research investigation involving a carefully selected group of parents from Calgary and surrounding areas. It took the form of diagnostic group discussions, along with quantitative self-completion questionnaires. The structure and results of these forms are analyzed and presented in the study.

This material would be useful to counselling services as a model for obtaining information on attitudes and concerns in a community trying to deal with alcohol abuse.

More resource materials about adolescent alcohol and drug use are listed in the section entitled "Resource Materials Published by Alcohol and Drug Information Organizations" (see pp. 45-58). See especially:

1. Addiction Research Foundation of Ontario
   - Ask Us About: Teenager and Alcohol

2. Do It Now Foundation
   - Drug Abuse: A Realistic Primer for Parents

3. National Institute on Alcohol and Alcoholism Publications
   - Guide to Alcohol Program for Youth
   - Talking to Your Teenager about Drinking and Driving
   - How Teens set the Stage for Alcoholism
   - For Parents Only: What you need to know about Marijauna
   - Adolescent Peer Pressure: Theory Correlates and Program Implications for Drug Abuse Prevention
   - Teen Involvement for Drug Abuse Prevention, Administrator's Guide
   - It Starts with People: Experience in Drug Abuse Prevention

4. National P.T.A.
   - The First to do it
   - How to Talk to Children about Drinking: A Parent's Guide

5. Rutger's University Centre of Alcohol Studies
   - Alcohol Problems No. 5: What shall We Teach our Young about Drinking

6. The University of the State of New York
   - Alcohol Abuse Prevention Bibliography for Parent Education
   - Who's Sending Your Signals: The Influence of Peers and Background
   - I Need to be Me: The Emergence of Self
   - A Chip Off the Old Block: Parents as Models for their Children's Behavior
   - Who's Raising the Family

RESOURCE MATERIAL
ABOUT THE CHILDREN OF ALCOHOLICS

Broken Bottles, Broken Dreams: Understanding and Helping the Children of Alcoholics. Deutsch, Charles, (Teachers College Press, New York, N.Y.), 1982, 213 pp.

This book presents parental alcoholism as one of the most potent, negative factors in the whole range of childhood and adolescent problems. It advocates continuous, encompassing help provided through the intervention of many professional people. The book is divided into two parts: the first part focuses on what alcoholism is and is not, and on its impact on family members. Part II presents scenarios of persons helping in their various roles, examines important support agencies, and explains how and why their methods work. One important concept in the book maintains that children must, and can be, helped early in their lives, whether or not their parents acknowledge that there is a problem.

An extremely valuable book for educators, public health professionals, youth counsellors; in short, all professionals dealing directly with children and adolescents on a regular basis.

Children of Alcoholics: A Guidebook for Educators and Parents. Ackerman, Robert J., (Learning Publications, Homes Beach, Florida), 1978, 140 pp.

This book is divided into three parts: what it is like to be a child of an alcoholic; suggestions for educators; and suggestions for therapists and parents. The first part is concerned about the world of the child, and the development of personality among children of alcoholics. The second part deals with the role of educators and school administrators both inside and outside the classroom. The last part looks at implications for therapists and puts forth suggestions for parents.

This material is for the counsellor, teacher and parent.

Forgotten Children, The. Cork, R. Margaret, (Addiction Research Foundation of Ontario), 1982, 112 pp. (3 copies).

This is a non-technical study of children with alcoholic parents. It is based on a study of 115 children, of whom one or both parents are alcoholics. The purpose of the book is to promote increased understanding of such children. Although it is basically a research report, it is not intended for a research or specialist audience; rather its style represents an attempt to communicate with all who are interested in children.

General required reading for physicians, nurses, psychologists, teachers, social workers and parents.

RESOURCE MATERIAL DEVELOPED SPECIFICALLY FOR NATIVE PEOPLE

Fire Water Myths. Leland, Joy, (Rutgers Centre of Alcohol Studies, New Brunswick, New Jersey, U.S.A.), 158 pp.

This book explores what is known (and thought) about consumption of alcohol among the Native American people. Their drinking-related behaviors are compared point by point with the Jellinek symptoms. The result points to new directions in thinking about and dealing with Indian alcohol problems. A critical conclusion contained in the book is that a genetic biological susceptibility to alcoholism among Native people is a myth and that no evidence exists to support this. In fact, the idea of a genetic bias seems only to reinforce racist, discriminatory attitudes.

Should be mandatory reading for all people involved in Native education, health, and alcohol abuse programs.

Help Ourselves: Twelve Steps to Recovery for Native Americans. Umatilla Tribal Alcohol Program, (Compcare Publications, Minneapolis, Minnesota, U.S.A.), 1976.

This is a short well-illustrated booklet based on the twelve steps of Alcoholics Anonymous, specially prepared and reinterpreted for Native Americans.

Reference material for alcohol abuse counselling with Native American people.

Other resource materials developed specifically for native people are listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. National Institute on Alcohol and Alcoholism Publications
   - Come Closer Around the Fire
   - What Life Will We Make for Our Children
   - Growing Up and Feeling Powerful as an American Indian

2. Rutgers University Centre of Alcohol Studies
   - Social Control of Drinking among Azteo Indians of Mesoamerica
   - Tribal Affiliation and Prevalence of Alcohol Problems

See also the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - Drinking is not Indian
   - National Native Alcohol and Drug Abuse Program

RESOURCE MATERIAL ON FETAL ALCOHOL SYNDROME

Effects of Maternal Alcohol and Drug Abuse on the Newborn, The: Advances in Alcohol and Substance Abuse Volume I, Nos. 3/4. Stimmel, Barry, M.D. (ed.), (Haworth Press, New York, N.Y.), 1982, 157 pp.

This book is a collection of articles examining the prenatal effects of alcohol. Genetic, post-natal characteristics, fetal alcohol effects in humans and animals, and current reference sources and research are all examined in technical detail requiring a basic to sophisticated level of understanding in the areas of biochemistry, and genetics.

Resource material for medical professionals dealing with fetal alcohol syndrome.

Fetal Alcohol Syndrome: 1981 Resource Guide and **1981 Bibliography and Related Issues.** (Fetal Alcohol Syndrome Project, Indian Children's Program, Indian Health Services - OMHP, 2401 Twelfth Street N.W., Albuquerque, New Mexico, U.S.A. 87102).

These are two brief publications which list materials and publications available on the fetal alcohol syndrome issue.

Valuable resource material on the area of fetal alcohol syndrome.

Just So Its Healthy. Robe, Lucy Barry, (Compcare Publishing, Minneapolis, Minnesota, U.S.A.), 1982, 165 pp. (2 copies).

This book contains new evidence on the harmful effects of drugs and alcohol on the unborn child. It presents medical and scientific facts about fetal alcohol syndrome (FAS) symptoms showing the difference between a healthy strong infant and one born with physical and/or mental defects.

An extremely valuable work that should be made available to expectant mothers, and execellent resource material for health professionals, clinics, schools and treatment centres.

More resource material about fetal alcohol syndrome is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (see pp. 45-58). See especially:

1. Addiction Research Foundation of Ontario
   - Can I take this if I'm pregnant?
   - Fetal Alcohol Syndrome

2. Do It Now Foundation
   - Fetal Alcohol Syndrome: Cause and Defect

3. National Institute on Alcohol and Alcoholism Publications
   - Here's to Your Health: Alcohol Facts for Women
   - Alcohol and Your Unborn Baby
   - Rex Morgan, M.D. Talks about your Unborn Child
   - Deciding about Drugs: A Women's Choice

See also the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - Alcohol and Pregnancy Don't Mix

2. March of Dimes Birth Defects Foundation
   - Drugs, Alcohol, Tobacco Abuse during Pregnancy
   - Pregnancy, before you Drink - Think

RESOURCE MATERIAL FOR ADOLESCENTS

Alcohol and You. Lee, Essie, (Julian Messner, New York, U.S.A.), 1982, 64 pp.

The book is designed for the younger adolescent, and explores the origins, history, and use of alcohol, its effect on the body, and the physical and social problems it can cause. How to get help for an alcohol-related problem and a glossary of important terminology are also included.

Useful in the counselling of young adolescents in making decisions about alcohol.

Alcohol — Proof of What? Lee, Essie E., (Julian Messner, New York, N.Y., U.S.A.), 1976, 192 pp.

This book presents a picture of teenagers and alcohol. In their own words, teens tell why they drink, how they got started, and what experiences they have encountered because of alcohol use. A section on Alateen and Alcoholics Anonymous include true stories of young people coping with either an alcoholic parent or relative, or with their own alcoholism. The other side of the adolescent scene is also revealed: the views of teens who do not drink. This volume also answers the many questions that exist about alcohol. What is alcohol? Is it a drug? Is alcoholism a sickness or a weakness?

This book is an excellent resource for the counsellor and the teenage client dealing with alcohol addiction.

Alcohol — What it is. What it does. Seixas, Judith S., (Greenwillow Books, New York, N.Y.), 1977, 56 pp. (2 copies).

This book is designed for younger adolescents and is an easy-to-read introduction to the facts about alcohol, what it is, where it can be found, and its effect on the mind and body.

Good material for curriculum programs.

Did I Have a Good Time? Teenage Drinking. Howard, Marion, (Continuum, New York, N.Y., U.S.A.), 1980, 161 pp.

The book tells the compelling story of three very different young people. It follows each person's story from the initial encounter with alcohol to the point at which alcohol causes serious changes in their lives. Issues such as dating and drinking, and drinking and driving are examined in the narratives. Throughout the stories, professional commentary is provided to clarify issues and add information.

Excellent resource material in preventative programs for adolescents. Should be required reading for teens.

Drugs and You. Madison, Arnold, (Julian Messner, New York, N.Y.), 1982, 96 pp.

This book is designed for teenagers and discusses the major drugs used today, their history, their effect on mind and body, their harmful and beneficial uses, and the control of illegal drug traffic.

Curriculum and substance abuse program material.

Drug Use and Drug Abuse: A First Book. Woods, Geraldine, (Franklin Watts, New York, N.Y.), 1979, 65 pp. (2 copies).

This book is for juveniles and outlines the medicinal and recreational use of various drugs including narcotics, amphetamines, tobacco, alcohol and over-the-counter drugs such as aspirin and cough syrups.

Good curriculum and counselling program material.

Kids and Drinking. Snyder, Anne, (Compcare Publications, Minneopolis, Minnesota, U.S.A.), 1981, 50 pp. (2 copies).

This book relates the stories of three adolescents who became addicted to alcohol at a very young age and were eventually able to start their recovery through Alcoholics Anonymous. Based on actual experiences, the book describes the agony and suffering caused by alcoholism, and has a section dealing with the psychology and treatment of the disease.

Excellent reading material for adolescents in any preventative program.

Know About Alcohol. Hyde, Margaret D., (McGraw Hill, New York, N.Y.), 1978, 80 pp.

This is a book for adolescents which discusses the effects of alcohol on the body, the difference between use and abuse, and situations in which one must decide whether or not to drink.

Alcohol counselling for young adults.

Mari's Mountain. Hamilton, Dorothy, (Herald Press, Scottsdale, Pennsylvania, U.S.A.), 1978, 130 pp.

This is a book for teenagers about a young girl who is abused by her alcoholic father. She reacts by running away from home and trying to build a new life for herself in a big city.

Curriculum and counselling reading material for teenagers.

Rock Fever. Rabinowich, Ellen, (Franklin Watts, New York, N.Y.), 1979, 85 pp.

This book is written for young adolescents and describes the struggles of a young aspiring rock musician with divorced parents, a severely alcoholic mother, his own growing drug dependency and his eventual resolution of these problems.

Good reading material for adolescents either in drug counselling or drug curriculum.

Sometimes My Mom Drinks Too Much. Kenny, Kelvin and Krull, Helen, (Raintree Children's Books, Milwaukee, Wi.), 1981, 31 pp.

This is a well-illustrated simple narrative for children that illustrates the impact that a parent's alcoholism can have on an entire family, particularly where a child can turn for help; to relatives, friends, and teachers who can counter a child's feelings of shame, fear, and rejection.

Good curriculum reading material for children.

Under the Influence. Butterworth, William E., (Four Winds Press, New York, N.Y.), 1979, 247 pp.

This is a fictional story dealing with alcoholic behavior and its consequences. As their friendship deepens, Allan realizes that Keith is an alcoholic whose behavior jeopardizes the well-being of himself and others.

Resource material for adolescents in the classroom or in alcohol abuse counselling or prevention programming.

Where the Elk King Sings. Wolkoff, Judie, (Bradbury, Scarsdale, N.Y., U.S.A.), 178 pp.

This is a very compelling story about a 12 year old girl's struggle to understand and cope with a father who is both an alcoholic and emotionally disturbed from his war experiences in Viet Nam. The story illustrates the devastating impact alcoholism can have on a family, yet offers an example of hope for recovery, even from a very complicated addiction.

Highly recommended reading for young adolescents facing the problem of parental alcoholism.

More resource material for adolescents is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (see pp. 45-58). See especially:

1. Do It Now Foundation
   - Comix
   - Drugs and Alcohol: A Handbook for Young People

2. National Council on Alcoholism
   - About Alcohol and Drugs
   - For Kids Only: What You Should Know About Marijuana
   - Drugs Abuse Prevention, For You and Your Friends
   - Got a Minute?
   - This Side Up
   - Catching On: A Drug Information Booklet

3. Wisconsin Clearinghouse for Alcohol and Other Drug Information
   - Take the Time II

CURRICULUM MATERIALS

ELEMENTARY SCHOOL

Making Friends, Making Choices: Primary Prevention and Alcohol Education for Grades Three Through Six. (Mount Auburn Hospital, Cambridge, Massachusetts, U.S.A. 02233), 1982, 160 pp.

This curriculum program is designed to increase students' capacity to be self aware and autonomous in their decision making. The activities are organized around three areas of emotional development: self-concept, peer relations (friendship) and decision making.

Good curriculum material for prevention programming in schools.

Substance Abuse Education Syllabus, Grades 3-4-5. (Detroit Public Schools, Michigan Department of Curriculum Development Services, U.S. Department of Education), ERIC Reports, Document No. 215028, 1979, 31 pp.

Focuses on concepts pertaining to the proper use, history and effects of various drug products.

Walking with Grandfather (approximately 12 min.) and **The Great Wolf and The Little Mouse Sister** (approximately 14 min.) **Curriculum Package.** (The Four Worlds Development Project, The University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, Canada T1K 3M4), 1984.

Beautifully and sensitively presented through the medium of semi-animation, these two native stories have been carefully prepared to teach positive, life-enhancing values to children and adults. The curriculum package includes a comprehensive teacher's guide that is thematically related to the video series, and which offers activities and projects to develop psychomotor, perceptual, cognitive, affective, and volitional competencies in the subject areas of language arts, social studies, physical education, mathematics and art. The guide is full of interesting and effectively planned learning activities geared to grades K-6, but adaptable to all age levels.

Additional curriculum material is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. Addiction Research Foundation of Ontario
   - Kids and Teacher

2. Alberta Alcoholism and Drug Abuse Commission
   - Curriculum Resource Kit

3. Do It Now Foundation
   - Comix

4. National Council on Alcoholism
   - About Alcohol and Drugs
   - Alcohol: You Can Help Your Kids Cope

5. National Institute on Alcohol and Alcoholism Publications
   - Growing Up and Feeling Powerful as an American Indian

6. National P.T.A.
   - Alcohol Alley

7. The University of the State of New York
   - Annotated Resource Guide: Alcohol, Tobacco, Drugs: Elementary Level
   - Alcohol Education Curriculum Guide
   - Drug Education Curriculum
   - Tobacco Education Curriculum

8. Wisconsin Clearinghouse for Alcohol and Other Drug Information
   - Who's Raising the Family?

See also (pp. 41-44) "All Ages" as well as the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - National Native Alcohol and Drug Abuse Program
   - School Health Curriculum

ELEMENTARY/JUNIOR

AL-CO-HOL: An Alcohol Awareness Program for Junior High Schools. American Automobile Association, (Alberta Motor Association, Edmonton Branch, Traffic Safety Department, Edmonton, Alberta), 1978.

This kit contains display charts, color transparencies, tests and scoring overlays, take home assignments, games and puzzles, role play simulations and a teacher's curriculum guide book.

Curriculum material for alcohol prevention programming.

Making Decisions: An Approach to Prevention. (Alcohol-Drug Education Service, 245 E. Broadway, Vancouver, B.C., Canada V5T 1W4), 1983, 60 pp.

This publication is designed to help intermediate grade students to develop skills in thinking before making major decisions in important areas of their lives. While it focusses upon the use of alcohol and other drugs, it can be applied equally well to many other life situations where major choices must be made.

Good curriculum material for substance abuse programming.

Ombudsman: A Classroom Community. (Revised Edition), (Charlotte Drug Education Centre Inc., Charlotte, North Carolina, U.S.A.), 1981, 152 pp.

The Ombudsman is an educational program designed for students, primarily in grades 5-9. The goal is to prevent drug abuse by moving students in a positive direction from the high risk states of:

- Rebelliousness
- Negative social attitudes
- Low valuing of school
- Poor student/teacher relationships
- Family incohesiveness
- Low self-esteem
- Attitudes favouring drug abuse

The Program is organized into three phases: self-awareness, communication and group skills, and work projects.

Curriculum and workshop material for school and counselling programs in the prevention of drug abuse.

Substance Abuse Education Syllabus, Grades 6-7-8. (Detroit Public Schools, Michigan Department of Curriculum Development Services, U.S. Department of Education), ERIC Reports, Document No. 215-029, 1979, 24 pp.

Focuses on concepts pertaining to the project use of drugs, abuse, prevention and health practices.

JUNIOR/SENIOR HIGH SCHOOL

Castle: Creating a Safe Teaching and Learning Environment. (Willow Run Community Schools, 2171 East Michigan Avenue, Yosilanti, Michigan, U.S.A. 48197), 1976, 166 pp.

Castle is a substance abuse prevention curriculum containing activities which are designed to be used as a catalyst to examine the areas of self concept, values, communication, group dynamics, goal setting, and problem solving.

Very good resource material for using with the planning substance abuse programs.

People of The Sun and A Question of Life: Lifestyles Teachers Guides. (Alcohol and Drug Commission, Ministry of Health, Province of British Columbia).

These are teachers guides for materials with an emphasis on drug education. Both books use a science fiction comic book format with attached lessons on drug abuse.

Curriculum material.

The Sacred Tree Curriculum Package. (The Four Worlds Development Project, The University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, Canada T1K 3M4), 1984.

An imaginative and culturally sensitive program that includes:

1. The video series **Where We've Been and Where We're Going - Part I and Part II.**

   This fascinating two-part, 50 minute video series explores native alcohol and drug abuse from the point of view of native people who have lived the problem and overcome it. The series suggests that an important part of the path leading out of the problem may be found in the stories, teachings, ceremonies and traditions of native culture.

2. **The Sacred Tree**

   This beautifully illustrated book presents many of the universal concepts and teachings handed down through the ages in native societies throughout North America concerning the nature, purpose and possibilities of human existence. The book uses the ancient symbol of the medicine wheel as a mirror which reflects not only what a person is, but also what they might become through the development of their potentialities. The book is designed as a text for high school students and adults, but may will find it a useful and enjoyable addition to their general library.

3. **The Sacred Tree - Teacher's Guide**

   The **Teacher's Guide to the Sacred Tree** was designed to assist educators to lead a group of learners (high school - adults) through a journey of self-exploration and development. The goal of the journey is to assist teachers and learners to discover their potentialities as human beings, and to become motivated to dedicate their energies to the positive development of themselves and their fellow human beings. The journey begins with a participatory research process focusing on the consequences of alcohol and drug abuse in the learner's home community. The program supports the involvement of all members of the community, including elders, parents, and community leaders. Although designed to take approximately a semester to complete, it is written to be flexible enough to adapt to any learning situation.

Your Health and Alcohol (2 binders: Grades 7-8, and Grades 9-10). (Ontario Department of Education, Toronto, Ontario).

These binders contain transparencies, pamphlets, and curriculum guides for use as supplementary material in alcohol abuse prevention programming in schools.

Good material for prevention programming in health curriculum.

Additional curriculum material is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. Addiction Research Foundation of Ontario
   - Drug Knowledge Survey Questionnaire and Discussion Sheet
   - Kids and Teachers

2. Alberta Alcoholism and Drug Abuse Commission
   - Alcohol and Drug Education Resource Kit

3. National Institute on Alcohol and Alcoholism Publications
   - Beer: A Four-Letter Word
   - Got a Minute?
   - This Side Up
   - It Starts With People: Experience in Drug Abuse Prevention
   - Catching On

4. Rutgers University Centre of Alcohol Studies
   - Exploring Alcohol Questions

5. The University of the State of New York
   - Annotated Resource Guide: Alcohol, Tobacco, Drugs
   - Alcohol Education Curriculum Guide
   - Drug Education Curriculum
   - Tobacco Education Curriculum

6. Wisconsin Clearinghouse for Alcohol and Other Drug Information
   - Take the Time, II

See also (pp. 41-44) "All Ages", as well as the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. March of Dimes Birth Defects Foundation
   - Preparenthood Education Program Materials.

ADULT

Catalyst II: A Workbook of Alcohol Education Resources. Dutton, Richard Wyse, (Alcohol Education for Youth Inc., 1500 Western Avenue, Albany, New York, U.S.A. 12203), 1980, 88 pp.

This is a publication in a binder format, which pulls together alcohol facts, resource agencies, a bibliography, program outlines, community strategies, helping skills, and guidelines for developing short or long-term alcohol programming within church, school and community.

Good resource material for community alcohol prevention program development.

8:30 Monday Morning. (American Businessmen's Research Foundation, Suite 1208, Michigan National Tower, Lansing, Michigan, U.S.A. 48933), 1977, (large binder format).

This is an alcohol education program which is preventative in scope and focusses on the areas of lifestyles, decision making, values, alternatives, and self-esteem. The program contains a comprehensive array of activities designed to generate the discussion and involvement of participants.

Good curriculum material for alcohol counselling programs.

The Four Worlds Adult Education Series. (The Four Worlds Development Project, The University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, Canada T1K 3M4), 1984.

This series of nine discussion papers uses alcohol and drug abuse in Native communities as a focus for exploring the development of human potential. This overall theme is developed by examining the context in which these problems have arisen and introducing the possibility of the transformation of that context on an individual and societal level. Specific topics are:

- Understanding and preventing the problem of alcohol and drug abuse
- How history has affected Native life today
- The vicious cycle of prejudice

- The transforming power of a new vision
- The connection between health and education
- A wholistic curriculum can contribute to health
- Community development
- Helping your community
- Toward a vision of human possibility

Each discussion paper includes questions and/or activities, as well as, a supplementary resource list.

The series can be used by informal core groups of individuals committed to serving their community, or existing agencies in the community (e.g., school or health board, the staff of friendship or alcohol centres, etc.). It is also suitable for use in adult upgrading or community college classes. Total series is approximately 190 pages.

N.W.T. Northern Native Alcohol and Drug Preliminary Training Program. Coordinatd by: NNADAP Consultant, Mr. Al Wilson. Coordinator, Alcohol and Drug Program, G.N.W.T. (Xeroxed outline available through Four Worlds Development Project).

This article is a broad outline of an extensive training program developed for workers within the Northwest Territories, alcoholism programs. It emphasizes personal growth, the nature of alcoholism, and counselling skills.

Valuable reference material for the development or expansion of alcohol training programs.

Additional curriculum material is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. Addiction Research Foundation of Ontario
   - Drug Knowledge Survey Questionnaire and Discussion Sheet

2. National Institute on Alcohol and Alcoholism Publications
   - For Parents Only: What you need to know about Marijuana
   - You're a Drug Quiz Whiz

3. National P.T.A.
   - Alcohol Education: An Introduction to Community Planning
   - CAP: The Community Action Plan - A Community Response to the Misuse of Alcohol
   - The People to People Approach to Alcohol Abuse Intervention

4. Rutgers University Centre of Alcohol Studies
   - Exploring Alcohol Questions

5. The University of the State of New York
   - Alcohol Abuse Prevention Bibliography for Parent Education

6. Wisconsin Clearinghouse for Alcohol and Other Drug Information
   - Who's Raising the Family

See also pp. 41-44 "All Ages".

NATIVE PEOPLE

Alcoholism, Devastation for Indians. 36 lessons on alcoholism. Pike, William A., Ed.D., (Indian Health Services, Aberdeen Area Office, Aberdeen, South Dakota, U.S.A. 57401), 1979, 117 pp.

This is a comprehensive approach to alcohol abuse in the form of 36 lessons which examine in depth the history, impact, and consequences of alcohol on the Native individual, family and community, as well as an examination of the individual process of recovery from alcohol addiction.

Evocative and powerful program material for alcohol abuse programming.

Additional curriculum material is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. National Institute on Alcohol and Alcoholism Publications
   - Come Closer Around the Fire
   - Growing Up and Feeling Powerful as an American Indian

See also the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - National Native Alcohol and Drug Abuse Program

ALL AGES

Here's Looking at You Two. Marum, Robert J. and Roberts, Clay. (Educational Services District No. 121, Seattle, Washington, U.S.A.), 1975, 3 sets.

This comprehensive, K-12 alcohol and drug abuse curriculum has the following primary goals:

1. Providing young people with clear, accurate information about alcohol and other drugs and their effect upon an individual's physical, psychological and social well-being; as well as helping them develop skills for gathering and evaluating such information.

2. Developing in young people the skills involved in making responsible decisions and an understanding of the factors that influence the decision-making process.

3. Helping young people identify sources of stress and develop skills for coping responsibly and effectively with stressful situations.

4. Teaching young people that each individual is a unique and special person with strengths and weaknesses who can develop skills in directing his or her own personl growth.

This curriculum is self-contained at each grade level, sequential and designed to achieve a cummulative effect over time. Contained in seven large plastic tubes, the curriculum includes, such instructional materials as films, books, tapes, puppets, games, photographs, activity cards as well as an extremely detailed teacher's guide for each level. A thirty-hour training course is available to prepare teachers to use this curriculum package. An extremely valuable curriculum program that can be adapted to many educational situations.

Illinois Alcoholism Prevention Initiative: A State-Wide Health Promotion and Primary Prevention Project, The. Floyd, Jerald D., (U.S. Department of Education), ERIC Reports, Document No. 217-031, 1982, 13 pp.

Describes a program of activities that prevent, reduce, or eliminate health problems caused by drug and alcohol abuse.

Teaching About Alcohol: Concepts, Methods, and Classroom Activities. Finn, Peter and O'Gorman, Patricia, (Allyn and Bacon Inc., Boston, Massachusetts, U.S.A.), 1981, 241 pp.

This book is intended as a practical, comprehensive book on alcohol education for instructors at the elementary, secondary and post-secondary levels. It is a complete resource for increasing student awareness of alcohol, its uses and abuses, and potential effects of drinking.

Excellent alcohol curriculum resource material for educators and counsellors.

Additional curriculum material is listed in the section entitled "Resource Material Published by Alcohol and Drug Information Organizations" (pp. 45-58). See especially:

1. National Council on Alcoholism
   - Alcohol Education: What is It and How to do It.

2. National Institute on Alcohol and Alcoholism Publications
   - Health Planning Technical Assistance Manual for Alcohol and Drug Abuse Agencies
   - Whole College Catalogue about Drinking: A Guide to Alcohol Abuse Prevention
   - Teaching about Drinking
   - Drug Abuse Prevention: For Your Family
   - Drug Abuse Prevention: For Your Community
   - Drug Abuse Prevention
   - Saying No: Drug Abuse Prevention Ideas for the Classroom
   - Preventional: Working with the Schools
   - Handbook for Prevention Evaluation
   - Volume I: Prevention Planning Workbook
   - Volume II: A Needs Assessment Workbook for Prevention Planning

3. National P.T.A.
   - Alcohol Education, An Introduction to Community Planning
   - CAP: The Community Action Plan - A Community Response to the Misuse of Alcohol
   - The People to People Approach to Alcohol Abuse Intervention

4. Rutgers University Centre of Alcohol Studies
   - Drug Education, A Review of Goals, Approaches and Effectiveness, and a Paradigm for Evaluation

5. Wisconsin Clearinghouse for Alcohol and Other Drug Information
   - Wisconsin Clearinghouse Catalogue

See also the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - School Health Curriculum

2. March of Dimes Birth Defects Foundation
   - Healthy Mothers, Healthy Babies

RESOURCE MATERIAL PUBLISHED BY ALCOHOL AND DRUG INFORMATION ORGANIZATIONS

1. **Addiction Research Foundation of Ontario.** (33 Russell Street, Toronto, Ontario M5S 2S1).

Materials available:

- **Alcoholism and the Family.** Donald E. Meeks. 11 pp., booklet, 1978. Discusses tensions and conflicts in the family of an alcoholic.
- **Ask Us About: Teenagers and Alcohol.** 2 pp., pamphlet. Questionnaire about teenage alcohol abuse.
- **Can I Take This If I'm Pregnant?** 8 pp., booklet, 1979. An expectant mother's guide to the use of some widely used social and non-prescription drugs.
- **Coffee, Tea, and Me.** 1980. Fold out wall poster/chart of common illegal drugs.
- **Drug Knowledge Survey Discussion Sheet.**
- **Drug Knowledge Survey Questionnaire.** 4 pp.
- **Facts About Drugs.** 54 pp., booklet, 1981. Described facts about a wide range of commonly abused drugs.
- **Fetal Alcohol Syndrome.** Judy Dobbie, and Phillippa Bill. 11 pp., booklet, 1978. Facts about fetal alcohol syndrome.
- **It's My Life.** 17 pp., booklet, 1976. Discusses influence and choices in making decisions.
- **Kids and Teachers, The Journal No. 1.** October 1981. Published monthly for kids and teachers, dealing with drugs and alcohol.
- **Know The Score.** 4 pp., pamphlet, 1979. Asks questions about alcohol consumption habits.
- **Relax.** 2 pp., pamphlet, 1981. Suggests relaxation rather than substance abuse to relieve anxiety.
- **Substance Abuse Book Review Indexes.** Jan Bemko. 1978-79, and 1980.

2. **Alberta Alcoholism and Drug Abuse Commission.** (Program Development Division, 7th Floor, 10909 Jasper Avenue, Edmonton, Alberta).

   AADAC has an extensive selection of materials that are easily available. The Four Worlds Project has a small selection of sample materials which include:

   - Alcohol and Drug Education Resource Kits for Teachers and Community Leaders -- Primary to Grade 6.
   - Pamphlets emphasizing alternative behavior
   - Articles
   - Teacher's Resource Kit -- Grades 8 to 12.

   We recommend contacting AADAC directly for a complete listing of available materials.

3. **Alcoholics Anonymous.** (World Services, Inc., P.O. Box 459, Grand Central Station, New York, N.Y., U.S.A. 10163).

   The Four Worlds Development Project Resource Centre has a broad selection of Alcoholics Anonymous pamphlets which describe the "AA" program and their approach to sobriety. We recommend their materials and suggest that any organization of alcohol program contact "AA" directly at the above address and request a complete listing of available materials.

4. **Do It Now Foundation.** (National Media Center, P.O. Box 5115, Phoenix, Arizona, U.S.A. 85010).

   Publications available:

   - **Comix.** 10 pp., pamphlet. Examines drug use in comic book format, for juveniles.
   - **Drug Abuse: A Realistic Primer for Parents.** 20 pp., booklet, 1980. Information about drugs and drug abuse for parents.
   - **Drugs and Alcohol: A Handbook for Young People.** 26 pp., 1981. Examines motivation, patterns of abuse, and contains basic drug use information.
   - **Fetal Alcohol Syndrome: Cause and Defect. A Special Report.** Dr. P. Pawlak-Frazier, Pamphlet, 1982. A compact and detailed pamphlet that examines the dangers and tragedy of fetal alcohol syndrome.
   - **What Senior Citizens Should Know About Alcohol and Drugs.** Pamphlet, 1978. An informative and detailed pamphlet dealing with the dangers of mixing prescription drugs with alcohol.

5. **National Council on Alcoholism.** (733 Third Avenue, New York, N.Y., U.S.A. 10017).

Pamphlets available from the National Council:

- What Everyone Should Know About Alcohol
- The Alcoholic
- Ask Us About: Teenagers and Alcohol
- A Family Systems Approach to Alcoholism
- 13 Steps to Alcoholism
- What Every Teenager Should Know About Alcohol
- You, Your Baby and Drinking

Other materials:

- **About Alcohol and Drugs.** 16 pp., 1981. A colouring and activities book for children.

- **Alcohol: You Can Help Your Kids Cope: A Guide For the Elementary School Teacher.** 11 pp., booklet, 1975.

- **Alcohol Education: What It Is and How To Do It.** 44 pp., booklet, 1979. Discusses techniques and methodology of preventative programming.

- **Facts About Alcoholism.** 28 pp., booklet, 1979.

- **Forum: The Prevention of Alcoholism.** Reprinted from "Preventative Medicine", Vol. 3, No. 1, March 1974. Contains articles dealing with different aspects of alcohol prevention programming.

- **Lady On The Rocks: A Play on Alcoholism.** Elizabeth Blake, 31 pp., booklet, 1966. A script for a play dealing with the pain of alcoholism.

- **Surfacing and Exploring Attitudes Toward Alcoholics: Approaches and Techniques.** Reprinted from "Journal of Alcohol and Drug Education", Vol. 24, No. 1, Fall 1978.

6. **National Institute on Alcohol and Alcoholism Publications.** (U.S. Department of Health and Human Services, Public Health Service, Alcohol, Drug Abuse and Mental Health Administration, Rockville, Maryland, U.S.A.).

- **Adolescent Peer Pressure: Theory Correlates and Program Implications for Drug Abuse Prevention.** 115 pp., 1981. How to channel peer pressure in constructive ways for prevention programs.

- **Alcohol and Your Unborn Baby.** 14 pp., pamphlet, 1982. Discusses Fetal Alcohol Syndrome; combatting alcoholism during pregnancy.

- **Alcoholism and Alcohol Education, Vol XII, No. 2.** February 1983. A newsletter covering alcohol related material.

- **Beer: A Four Letter Word: An Alcohol Abuse Prevention Program Idea Book.** Magazine format, 58 pp. Contains project ideas, materials, suggestions and alcohol education concepts designed to interest young people in alcohol related issues.

- **Catching On: A Drug Information Booklet.** 22 pp., booklet, 1981. Comic book format for young adolescents, contains games, puzzles, quiz pages, all examining drugs and their use.

- **Come Closer Around the Fire Booklet.** 32 pp. (5 copies), 1980. Uses tribal legends, myths and stories on preventing drug abuse.

- **Deciding About Drugs: A Women's Choice.** 21 pp., booklet, 1979. Advice by women to women about drug abuse prevention.

- **Drug Abuse Prevention, For You and Your Friends.** 22 pp. (2 copies), booklet, 1980. For adolescents; examines simple ways for preventing drug abuse; contains the latest drug information.

- **Drug Abuse Prevention: For Your Family.** 22 pp. (2 copies), booklet, 1980. Prevention techniques for the family unit.

- **Drug Abuse Prevention: For Your Community.** 25 pp., booklet, 1978. Prevention techniques for the entire community.

- **Drug Abuse Prevention.** 21 pp., booklet, 1978. A general statement on the importance and overall techniques of drug abuse prevention.

- **Facing Up to Alcoholism Pamphlet.** 10 pp., 1981. For the alcoholic person, delineates symptoms and describes recovery process.

- **Facts About Alcohol and Alcoholism.** 47 pp., 1980. Contains basic information on the abuse of alcohol and its effects on individuals and society.

- **For Kids Only: What You Should Know About Marijuana.** 12 pp., booklet, 1982. Same as parents booklet below but simplified and user oriented.

- **For Parents Only: What You Need to Know About Marijuana.** 28 pp., booklet, 1981. Describes marijuana use, composition, and physical and psychological effects on the user.

- **For Parents Only: What You Need to Know About Marijuana.** Pamphlet, 1981. Describes a program using film and brochures which can be ordered from the department.

- **Got a Minute?** 6 pp. (10 copies), booklet, 1979. Comic book style, showing a decision between young people to choose activities other than using drugs.

- **Growing Up and Feeling Powerful as an American Indian.** 24 pp., booklet, 1980. Reading resource for Native children, elementary grades 4 through 6; develops sense of identity and self-worth.

- **Guide to Alcohol Programs for Youth.** 28 pp., pamphlet, 1981. Provides current information and direction on planning strategies and on existing successful programs.

- **Handbook For Prevention Evaluation: Prevention Evaluation Guidelines.** 258 pp., 1981. Describes evaluation systems and how to implement them.

- **Health Planning Technical Assistance Manual For Alcohol and Drug Abuse Agencies.** 83 pp., 1980. Preventative program planning manual, delineates strategies, development, and review policies.

- **Here's To Your Health: Alcohol Facts for Women.** 6 pp., pamphlet, 1981. Discusses the effects of alcohol on the different aspects of female bodily experience (pregnancy, menstruation, etc.).

- **How Teens Set the Stage for Alcoholism.** 8 pp. (4 copies), pamphlet. Interviews two prominent doctors, experts in the field of behavior and alcoholism.

- **How to Help, What You Can Do to Help Your Community Help Alcoholic People.** 16 pp., pamphlet, 1981. Urges individual involvement in the preventative program development in communities.

- **It Starts With People: Experiences in Drug Abuse Prevention.** 76 pp., 1978. Drug abuse prevention techniques and ideas for teachers, parents, and others wishing to work with young people.

- **NIAAA Information and Feature Service.** May 3, 1983, IFS No. 107. A newsletter featuring articles describing new information and services.

- **Prevention x Three: Alcohol Education Models For Youth.** 66 pp. Describes three exemplary youth alcohol abuse prevention projects.

- **Prevention: Working with the Schools, Trainer Manual.** 230 pp., 1980. Provides knowledge and skills for designing and implementing drug abuse prevention programs within school systems.

- **Rex Morgan, M.D. Talks About Your Unborn Child.** 14 pp. (2 copies), comic book format, 1980. Dramatizes a young couple's involvement with alcohol abuse and Fetal Alcohol Syndrome.

- **Saying No: Drug Abuse Prevention Ideas For the Classroom.** 23 pp., booklet, 1981. Techniques and ideas for teachers of drug abuse prevention programming.

- **Someone Close Drinks Too Much.** 15 pp., pamphlet, 1981. Advice and guidance for the person related to the alcoholic.

- **Talking to Your Teenager About Drinking and Driving.** 7 pp., pamphlet, 1981. Discusses drinking and driving and effective communication with the teenager.

- **Teaching About Drinking.** 10 pp., pamphlet, 1983. Basic teaching and communication strategies.

- **Teen Involvement for Drug Abuse Prevention. Administrator's Guide.** 18 pp., booklet, 1978. Description of teen involvement program in drug abuse prevention in their schools and local communities.

- **This Side Up.** 64 pp. (2 copies), magazine format, 1980. An excellent source of information for young people making decisions about drugs.

- **Treating Alcoholism: The Illness, The Symptoms, The Treatment.** 12 pp., pamphlet, 1982. General examination of alcoholism as a disease.

- **Volume I: Prevention Planning Workshop.** 56 pp., 1981. Describes the eight steps of a systematic prevention program planning process.

- **Volume II: A Needs Assessment Workbook For Prevention Planning.** 190 pp., 1981. Assesses needs and data evaluation for eight step program in Volume I.

- **What Life Will We Make For Our Children?** 21 pp., booklet, 1980. Drug and alcohol abuse prevention as a Native community responsibility.

- **Whole College Catalogue About Drinking. A Guide to Alcohol Abuse Prevention, The.** 129 pp. (2 copies), 1977. Resources, strategies and programs available on alcohol abuse (2 copies).

- **You're a Drug Quiz Whiz.** Pamphlet, 1981. This is a questionnaire about drugs and their use.

7. **National P.T.A.** (700 North Rush Street, Chicago, Illinois, U.S.A. 60611)

Materials available:

- **Alcohol Alley.** 1977. A multi-media kit recommended for Grades 4 through 6 which contains factual information about alcohol, and aids in the development of decision making skills and responsible attitudes towards alcohol. Contains a game, two short stories, and two film strips designed to trigger discussion.

- **Alcohol Education. An Introduction to Community Planning.** 25 pp., booklet, 1977. This booklet examines how to implement alcohol prevention work through the vehicle of community planning and participation.

- **CAP: The Community Action Plan - A Community Response to the Misuse of Alcohol.** 53 pp., 1977. Describes the process through which a community must go to create viable alcohol prevention programming.

- **The First To Do It.** 33 1/3 rpm recording. Public Service entertainment dealing with young people and drinking.

- **How To Help Children Become Better Parents.** 1980. Folder format containing discussion sheets outlining statistical and topical information.

- **How To Talk With Children About Drinking: A Parents' Guide.** 41 pp., binder format, 1977. Discusses how to communicate with children about youthful drinking, and how to equip them to make the proper choices.

- **The People to People Approach to Alcohol Abuse Intervention.** (A handbook for PTA leaders and facilitators.) 84 pp., binder format, 1977. Describes what is called the "Interactive Learning Process Model".

8. **Rutgers University, Center of Alcohol Studies.** (New Brunswick, New Jersey, U.S.A. 08903).

Publications available:

- **Alcohol Problems: No. 5. What Shall We Teach the Young About Drinking.** Robert D. Russell, 14 pp., pamphlet, 1970. Discusses problems related to teaching values to young people that affect alcohol abuse.

- **Cognitive Dysfunction in Alcoholics and Social Drinkers: Problems in Assessment and Remediation.** Edited by Oscar A. Parsons; reprint from "Journal of Studies on Alcohol, Vol. 41, No. 1, pp. 105-186, January 1980, 186 pp. Contains a series of articles focusing on the neuropsychological approach to the assessment of cognitive dysfunction.

- **Drug Education. A Review of Goals, Approaches and Effectiveness, and a Paradigm for Evaluation.** G.N. Braucht, D. Follingstad, D. Brakarsh, and K. Berry. Reprint from "Quarterly Journal of Studies on Alcohol", Vol. 34, No. 4, pp. 1279-1292, December 1973. The controversy over goals and educational methods currently used is outlined, and a review of future drug education research strategies is outlined.

- **Exploring Alcohol Questions.** 1970. Contains leaflets which explore alcohol and the body, drinking attitudes, highway safety, and the individual and alcoholism.

- **Sober Comportment: Patterns and Perspectives on Alcohol Addiction.** J.P. Wiseman. Reprint from "Journal of Studies on Alcohol", Vol. 42, No. 1, pp. 106-126, January 1981. This is an interview study of alcoholics and wives of alcoholics, which highlights certain stress factors that develop during sobriety in the life of the alcoholic and their personal relationships.

- **Social Control of Drinking Among the Aztec Indians of Mesoamerica.** Alfonso Paredes, M.D. Reprint from the "Journal of Studies on Alcohol", Vol. 36, No. 9, pp. 1139-53, September 1975. Examines the rules of alcohol use in pre-Columbian Aztec culture, where drinking was strictly controlled and only allowed during religious occasions.

- **Tribal Affiliation and Prevalence of Alcohol Problems.** R. Stratton, M.Th. Reprint from "Journal of Studies on Alcohol", Vol. 39, No. 7, pp. 1166-77, July 1978. Examines differences in tribal history, culture and settlement which may explain why eastern Oklahoma native people have lower rates of alcohol-related arrests and deaths than native people in the western part of the state.

9. **The University of the State of New York.** (The State Educational Department, Resource Center, Room 960, Education Building Annex, Hawk Street, Albany, New York, U.S.A.)

Publications available:

- **Alcohol Abuse Prevention Bibliography For Parent Education.** 8 pp., 1982. Contains selections designed to educate parents and the general public about alcohol abuse prevention.

- **Annotated Resource Guide: Alcohol, Tobacco, Drugs: Elementary Level.** 87 pp., 1978. Lists printed and audio-visual materials for children, teachers and parents.

- **Annotated Resource Guide: Alcohol, Tobacco, Drugs: Secondary Level.** 173 pp., 1979. Lists written, audio-visual, and display materials for students, general audiences, parents, pregnant women, minority groups, and teachers.

- **Alcohol Education Curriculum Guides for Teachers and Students, K-6 and 7-12.** Total of 4 books, 1976. These materials are comprehensive and are student centered rather than didactic in their approach.

- **Drug Education Curriculum.** Total of 8 books, covering Kindergarten to Grade 12 (Grade 7 not available), 1981-82. This material is designed for a cooperative school/community relationship in prevention work.

- **Tobacco Education Curriculum.** Total of 9 books covering Kindergarten to Grade 12, 1979. This material was prepared jointly with the American Lung Association.

(All materials in these substance abuse series have been assessed and field-tested in 152 elementary and secondary schools in New York State.)

10. **Wisconsin Clearinghouse For Alcohol and Other Drug Information.** (University of Wisconsin Hospitals and Clinics, Information of Alcohol and Other Drugs, Mental Health, Primary Prevention, Youth Development Madison, Wisconsin, U.S.A.)

Material available:

- **How To Get Unstressed: The Bare Facts.** 14 pp. (4 copies), pamphlet, 1981. Examines causes, symptoms, and techniques of reducing or coping with stress.

- **Depressive Disorders: Causes and Treatment.** 13 pp. (4 copies), pamphlet, 1981. Discusses suicide, depressive disorders, symptoms, age group characteristics, and treatment.

- **The Responsible Host/Hostess: For Those Who Drink and Those Who Don't.** 5 pp., pamphlets. Suggests ways that a host can control the party environment and lessen alcohol consumption.

- **Wisconsin Clearinghouse Catalogue.** 10 pp., booklet, 1982. Lists books, magazines, articles, films, etc., related to alcohol and drug abuse education and programming.

- **Who's Sending Your Signals: The Influence of Peers and Background.** U.S. Department of Health, Education and Welfare, reprinted by Wisconsin Clearinghouse, 3 pp., article, (2 copies). Discusses how peer pressure influence inn the work place, beliefs, attitudes and ways of life affect drinking.

- **I Need To Be Me: The Emergence Of Self.** National Institute on Alcohol Abuse and Alcoholism reprinted by Wisconsin Clearinghouse, 4 pp., article. Concerns self-esteem and decision making, and the immediate role of parents in helping to establish a child's self-esteem.

- **A Chip Off The Old Block: Parents as Models For Their Children's Behavior.** National Institute on Alcohol Abuse and Alcoholism, reprinted by Wisconsin Clearinghouse, 3 pp., article. Discusses parents' role in shaping behavior, particularly in terms of alcohol abuse.

- **Take The Time, II.** 47 pp. (4 copies), soft cover book, 1981. Suggests and examines leisure and career activities as an alternative to drug and alcohol abuse; for adolescents and young adults.

- **Who's Raising the Family.** John K. Delaine, 53 pp., 1981. A workbook for parents and children.

HEALTH

GENERAL HEALTH ISSUES

GENERAL RESOURCE MATERIALS

Baby's Best Chance: A Perinatal Manual for Parents. (British Columbia Ministry of Health, Victoria, B.C., Canada), 1979, 123 pp.

This manual which covers all basic elements of the childbirth and new family experience. Areas discussed include:

- The father's role
- The physician, dentist, health unit, hospital, and other services
- Understanding pregnancy (reproduction, genetics, sexual relations during, etc.)
- Nutrition
- Drugs
- Breast-feeding
- Caesarian birth
- The birthing experience

Many other important areas are discussed concerning childbirth.

A very clearly written and informative book, it would be useful for expectant parents and should be available for distribution by health care professionals.

Wholistic Way To Health and Happiness: A New Approach to Complete Lifetime Wellness, The. Bloomfield, Harold H., M.D. and Kory, Robert B., (Fireside Book by Simon and Schuster, New York, N.Y.), 1978, 311 pp.

This book teaches key strategies for a better, healthier life; offers methods for dealing with smoking, overweight, high blood pressure, insomnia, and heart disease. It presents a revolutionary approach to stress; shows how to conquer fatigue, depression, anxiety, tension, and alcoholism, and gives sound rules for improving sexual enjoyment.

Health curriculum resource material.

You Can Help With Your Healing: A Guide For Recovering Wholeness in Body, Mind and Spirit. Bittner, Vernon J., (Augsbury, Minneapolis, Minnesota, U.S.A.), 1979, 144 pp.

This book advocates a wholistic approach to the healing process. The author, who is a clergyman, adapts the 12 steps of Alcoholics Anonymous to a Christian perspective as a guide for effective spiritual living. Healing is perceived as requiring individual commitment and ultimately a balance between the body, mind and spirit.

Family and patient counselling by health care professionals.

Other general resource materials are available in the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - Begin Dental Care
   - Diabetic Handbook for Community Health Representatives
   - Tuberculosis
   - Working with the Elderly

2. Health's-a-Poppin
   - Health's-a-Poppin music sheets
   - Foiling Colds and Flu
   - Healing your Child's Fears after Divorce
   - When does Physical Fitness Start?
   - Sneak some Exercise into your Schedule
   - Dress and Eat to "Keep Your Cool"
   - Health's-a-Poppin Bulletin
   - Health's-a-Poppin: A Modern Guide to Better Health in Our Polluted World
   - Health's-a-Poppin Posters

3. March of Dimes Birth Defects Foundation
   - Be Good to Your Baby. Before it is Born

CURRICULUM MATERIALS

Guide to Health Instructions: Simulations, Games and Related Activities. Sleet, David A. and Hileman, Laurie, (Human Behavior Research Group Inc., P.O. Box 17122, Irvine, California, U.S.A. 92713), 1981, 110 pp.

This is an annotated bibliography of simulations, games, and related activities in health education, that covers major subject disciplines of interest in health science:

- Anatomy and Physiology
- Consumer Health
- Diseases
- Drug Use and Abuse
- Ecology and Environment
- Family Planning and Sexuality
- General Health Issues
- Gerontology
- Health Care
- Mental Health
- Nursing
- Nutrition
- Physical Fitness
- Safety

Good resource material for any activities involving curriculum and community development planning.

Health. A Quality of Life. 3rd Edition. Sinacore, John S. and Sinacore, Angela C., (MacMillan Publishing Co. Ltd., New York, N.Y., U.S.A.), 1982, 514 pp.

This textbook in health studies deals with contemporary issues such as automobile safety, drug use and abuse, abortion, food faddism, sex values, and the nature of human sexuality. It is designed to help young adults develop points of view in these areas.

Health curriculum resource material.

Health and Guidance Curriculum Guides. Frontier School Division No. 48, (Manitoba Department of Education, Winnipeg, Manitoba).

This is a three-volume health education set of curriculum guides from Kindergarten to Grade 6, completed in 1980 by the Frontier School Division of North Central Manitoba. Broadly speaking, it covers:

- Physical Growth and Development
- Personal Health Care and Prevention and Control of Disease
- Nutrition
- Accident Prevention and First Aid
- Self - Family - Others

Good as a curriculum guide or as a resource in planning health curricula.

Health Education: The Search For Values. Read, Donald P.; Simon, Sidney B. and Goodman, Joel B., (Prentice Hall Inc., Englewood Cliffe, New Jersey), 1977, 186 pp.

This book helps teachers and students deal with questions about health and development in the classroom, in a counselling situation, and in small groups. It offers theory, guidelines, approaches, and tools in values clarification as it applies to the area of health.

Curriculum development reference material for teachers.

Health Instruction: A Task Approach. Curtis, John D. and Papenfuss, Richard L., (Burgess Publishing Co., Minneapolis, Minnesota, U.S.A.), 1980, 391 pp.

Designed for prospective health educators, this text provides a complete background in teaching methods and curriculum. Combining theory with practical applications, it offers valuable ideas and techniques for effective program development. Sample learning activities covering a variety of topics in health education offer extra help for the beginning teacher.

This is curriculum material for the teacher dealing with health education.

Health Instruction: An Action Approach. Kime, Robert E., Schlaadi, Richard G. and Tritsch, Leonard E., (Prentice Hall, Englewood Cliffs, New Jersey, U.S.A.), 1977, 355 pp.

This book provides a sound background for those preparing to teach elementary and secondary school health. Actual examples of health curricula are provided and how to implement learning activities is shown. An entire section is devoted to evaluation; the final section deals with the future of health education. One hundred learning activities are included with figure illustrations that clarify the discussions. This practical book is flexible and easy to follow, with clear directions for many teaching situations.

Health Today. (MacMillan Publishing Co., New York, N.Y., U.S.A.), 1983, 643 pp.

"Health Today" is a textbook designed for the college student taking an introductory course in health science or personal health. It examines many components, physical, mental, and social, that are necessary for a healthy life, and emphasizes both preventative care and individual responsibility.

Health curriculum resource material.

Reading Proficiency: A New Approach to the Secondary School Health Education Curriculum. Lorentzen, Karen M. (ed.), (Vantage Press, New York, N.Y., U.S.A.), 1981, 223 pp.

This book reports on a study designed to develop and evaluate a health education program based on three reading levels for secondary school students. It presents full details of research methods, findings and results achieved, and program content. It also contains secondary school health education curriculum, as well as health education evaluation inventories.

Health curriculum development material for teachers, curriculum specialists, and administrators.

Teenage Body Book, The. McCoy, Kathy and Wibbelsman, Charles, M.D., (Simon and Schuster, New York, N.Y.), 1978, 246 pp.

This is a handbook for teenagers which discusses the male and female bodies, nutrition, hygiene, health, beauty and sexuality. It is a very comprehensive work covering areas from skin care, diet, and exercise, to birth control, pregnancy, and physical/emotional changes during adolescence.

Health curriculum resource material for teenagers.

Other curriculum materials dealing with general health issues can be found in the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - School Health Curriculum

2. March of Dimes Birth Defects Foundation
   - Pre-parenthood Education Program Materials

NUTRITION

GENERAL RESOURCE MATERIALS

Essentials of Nutrition and Diet Therapy. Williams, Sue Rodwell, (C.V. Mosby Co., St. Louis, Missouri), 1982, 390 pp.

This book develops the basic concepts of nutritional science. It applies principles to clinical experiences. Community nutrition and family needs relating psychological, social, economic, and cultural influences on serious individual and communal problems are examined and solved. Diet therapy and a basic manual of clinical nutrition are also valuable elements included in this book.

Curriculum and community development resource material.

Food For Thought: A New Look at Food and Behavior. Miller, Saul, and Miller, Jo Anne, (Prentice Hall, Englewood Cliffs, New Jersey, U.S.A.), 1979, 202 pp.

Taking a new look at food and behavior, the authors show how wholesome, natural foods, eaten in the right combination, can relieve feelings of depression and anxiety and bolster a whole outlook on life. Outlined is a unique scheme for classifying what we eat along a one-dimensional continuum. Substances too rich in unnatural food constituents such as sugar and alcohol are at one end of the continuum (termed the expansive), and while substances too rich in protein are at the other (termed the constrictive end). The foods in the middle are the central foods. These are the ones which are whole, natural and not mutilated by man. The extremes include food artifacts, junk or garbage foods. They are the products of man's manipulation of foods. The authors suggest that expansive foods create expansive personalities or habits, while constructive foods tend to cause constrictive personalities.

This book is an interesting addition to health curricula. It could also be used in alcohol abuse counselling.

Nutrition Action (Magazines). (Center for Science in the Public Interest, 1755 -5 St. N.W., Washington, D.C.), 2 issues; June 1983, and July/August 1983.

These two issues deal with a special report on restaurant food; vegetarianism, snack food, and food safety.

Nutrition resource material. A subscription could be a valuable addition to a resource library.

Nutrition and Intellectual Growth in Children. Sunderlin, Sylvia (ed.), (Association for Childhood Education International, 3615 Wisconsin Avenue, N.W., Washington, D.C., U.S.A. 20016), 1969, 64 pp.

These are a series of articles dealing with hunger and its effects. Some of the topics discussed are the following:

- Hunger in America: Scope and Consequences
- Maternal Diet, Growth and Behavior
- Nutritional Prospects For the Future

Resource material for health curriculum.

Other resource material dealing with nutrition can be found in the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - Canada Food Guide
   - Good Food and Pregnancy
   - Nutrition Newsletter Nos. 2 & 3

2. Health's-a-Poppin
   - Eat to Beat the Heat
   - Health's-a-Poppin Bulletins
   - Health's-a-Poppin Posters

3. March of Dimes Birth Defects Foundation
   - Recipe for Healthy Babies

CURRICULUM MATERIALS

Nutrition: A First Book. Thompson, Paul, (Franklin Watts, New York, N.Y.), 1981, 65 pp.

This book, written for teenagers, discusses carbohydrates, fats, proteins, vitamins, minerals, and how the body uses them; diet, and food additives.

A resource book for students examining nutrition.

Nutrition In a Changing World. (Curriculum comprised of three books covering Pre-school, Grade 4 and Grade 5.) Rye, James; O'Connell, Lily Hsu; Bell, Paul E., and Pass, Martha, (Brigham Young University Press, Provo, Utah, U.S.A.), 1981, 188 pp. (3 volumes).

Pre-School:

The first in a curriculum series, this guide stresses the importance of nutrition education for younger children (ages 3 to 5), before food biases are set. The guide encourages children to experience a wide variety of foods through their senses of sight, sound, taste, smell, and touch. Different types of foods and their origins are covered in sections on plants, meats, milk products and breads. A wealth of original poems, stories, songs, and plays are included.

Grade 4:

The third in the series, the focus of this volume is to identify nutrients and their food sources and to explain why the nutrients are needed by the body. Each unit has a set of objectives, activities, evaluation material, and nutrition information for the teacher. There are twenty-six units which include worksheets, poems, short stories, games and cartoons.

Grade 5:

This volume emphasizes diet and heredity in the growth process: the differences in energy requirements according to body size, metabolism, sex, age, environment, and physical activity. Also examined are the role of proteins in tissue growth, the body's natural healing process, and the influence of various cultural and environmental factors on diet.

Elementary grades curriculum material.

Nutrition Workbook for Children. Frompovich, Catherine, D.Sc., (C.J. Frompovich Publications, Rd. 1, Chestnut Road, Coopersburg, Pennsylvania, U.S.A. 18036), 1980, 28 pp.

This book is for the elementary school age group, and deals with nutrition and good eating habits through the use of colouring and word game activities.

Use with elementary curriculum dealing with nutrition.

We Are What We Eat. Spitze, Hazel Taylor and Rotz, Patricia, (Steck-Vaughn co., Austin, Texas, U.S.A.), 1977, 92 pp.

This provides reading materials about the relationship of good health to the buying and eating of certain foods. It has also been designed to help increase basic reading skills.

Late elementary/early junior high, reading skills and nutritional material. Good for appropriate health curriculum.

What To Eat and Why: The Science of Nutrition. Fodor, R.V., (William Morrow & Co., New York, N.Y., U.S.A.), 1979, 96 pp.

This book was written for teenagers, and discusses the relationship of basic nutrients to disease and body disorders. It also outlines the components of a nourishing diet.

A study resource for students in health and nutrition curriculum.

Additional curriculum materials can be found in the section entitled "Resource Material Published by Health Organizations" (pp. 70-73). See especially:

1. Health and Welfare Canada
   - School Health Curriculum

2. March of Dimes Birth Defects Foundation
   - Pre-parenthood Education Program Materials
   - Healthy Mothers, Healthy Babies

RESOURCE MATERIALS
PUBLISHED BY HEALTH ORGANIZATIONS

1. **Health and Welfare Canada.** (Medical Services Branch and Indian and Northern Affairs, Ottawa, Ontario.)

The following publications are available:

- **Alcohol and Pregnancy Don't Mix.** 3 pp., pamphlet. Statement about the risks of Fetal Alcohol Syndrome.

- **Begin Dental Care.** 45 pp. A dental health education resource progrm designed for community health nurses, as a resource guide from which to design school health programs.

- **Canada Food Guide.** 56 pp., handbook. Written as a guide to proper nutrition; contains educational concepts, practical suggestions, nutritional values information, and resource lists for further information.

- **Diabetic Handbook for Community Health Representatives.** A paper which helps a C.H.R. to understand diabetes and to teach people in the community about diabetes; how diabetes affects health; and how persons can control diabetes.

- **Drinking Is Not Indian.** 24 pp., pamphlet, 1981. Booklet containing archive photographs of early native people in traditional settings accompanied by contemporary statements on alcohol by native children as well as section dealing with facts about alcohol.

- **Good Food and Pregnancy.** Pamphlet. Discusses the importance of good nutrition for healthy pregnancy and fetal development.

- **National Native Alcohol and Drug Abuse Program.** Packet for children. Contains small books for colouring and reading which tell of different legends from the Ojibwe culture.

- **Nutrition Newsletters No's 2 and 3.** Spring 1981 and Summer 1982. Contains numerous articles with and information about food and nutrition as they relate to health.

- **School Health Curriculum.** A series of curriculum materials for elementary and junior high levels dealing with a broad range of health issues, from nutrition and safety, to drug and alcohol abuse.

- **Tuberculosis.** 8 pp., pamphlet. Deals with symptoms and treatment of tuberculosis.

- **Working With the Elderly.** A handbook for community health representatives, 16 pp. Contains information about the normal process of aging; about ways to promote health during the aging process; about diseases and physical conditions that happen in old age, and the care required when they occur; and about social concerns that affect the life of the elderly.

2. **Health's-a-Poppin.** (American Physical Fitness Research Institute, 410 Broadway, Santa Monica, California, U.S.A.)

Materials available:

- **Health's-a-Poppin.** Music Sheets and 3 1/3 rpm. records, 1972.
- **Foiling Colds and Flu.** Wells, Marion, article. Respiratory facts.
- **Eat to Beat the Heat.** Wells, Marion, article. Increasing adaptability to cope with heat through diet.
- **Healing Your Child's Fears After Divorce.** Wells, Marion, article.
- **When Does Physical Fitness Start?** Williams, Roger, Ph.D., article.
- **Sneak Some Exercise Into Your Schedule.** Wells, Marion, article.
- **Dress and Eat to "Keep Your Cool".** Wells, Marion, article. Coping with heat.
- **Alcohol and Accidents.** Wells, Marion, article.
- **Health's-a-Poppin.** APFRI Bulletins, Vol. 1, No. 1, through to Vol. 5, No. 2. Health bulletins dealing with a variety of concerns to do with physical fitness, nutrition, and related areas.
- 11 **Health's-a-Poppin** posters dealing with a variety of areas, from nutrition to physical fitness.

3. **March of Dimes Birth Defects Foundation, Pre-parenthood Education Program.** (Supply Division, 1275 Mamaroneck Avenue, White Plains, New York, U.S.A. 10605.)

Materials available:

Pre-parenthood Education Program Materials, 1978. This program was designed specifically to help adolescent parents to learn good nutrition and health care for themselves and for their unborn babies, and to explore some of the emotional and physical aspects of pregnancy. It includes:

- Teacher's Guide
- A Facts Book: Food For Thought...and Eating
- A Facts Book: Inside Your Body...Inside Your Head
- 15 Information Cards
- Comic Book supplements
- Time Line Wall Chart
- Nine Month-by-Month Pregnancy Diet Cards
- Three Wall Poster; re: Health of Mother and Fetus.

- **Be Good To Your Baby, Before It Is Born.** 12 pp., booklet. Overall view of pregnancy and the importance of pre-natal care.

- **Drugs, Alcohol, Tobacco, Abuse During Pregnancy.** 6 pp., pamphlet, 1982. Examines the dangers to the unborn child of the above forms of substance abuse.

- **Pregnancy, Before You Drink, Think...** 2 pp., pamphlet, 1982. How alcohol can damage the unborn child.

- **Recipe For Healthy Babies.** 8 pp., pamphlet, 1980. The importance of good nutrition for the development of a healthy fetus.

- **Healthy Mothers; Healthy Babies.** 64 pp., 1981. Examines a possible framework for curriculum development in responsible childbearing, pre-school through high school.

EDUCATION AND HUMAN DEVELOPMENT

GENERAL RESOURCE MATERIAL ON HUMAN DEVELOPMENT

Adjustment and Growth in a Changing World. Napoli, Vince; Kilbride, James M. and Tibbs, Donald E., Miami Dade Community College, Miami, Florida, U.S.A., (West Publishing Company, St. Paul, Minnesota, U.S.A.), 1982, 520 pp.

This book is intended to involve the reader in the practice of a model of self-management designed to facilitate positive behavioral changes. There are four sections dealing in turn with the "Individual and Society" describing three theories of personality: the conflict model (Freudian), the learning centered model (B.F. Skinner), and a fulfillment model (Carl Rodgers); "Identity in Transition", which examines identity as a complex matrix of psychological elements; "Adjustment and Growth", which looks closely at mechanisms used to cope with stress factors; and "Growth Through Interaction", which examines how strongly our identity is determined by human interaction.

This work is valuable as a reference material for individual counselling, especially for those interested in psychotherapy.

Alaska Native Rural Development: The Nana Experience. Gaffney, Michael J., Occasional Paper No. 2. (Center for Cross-Cultural Studies, University of Alaska, Fairbanks, Alaska, U.S.A.), 1981.

This paper describes issues and processes involved in native institution building, and examines, as a special development case, the efforts of the Inupiat Eskimo group of the Northwest Arctic, to manage the impacts of severe social change through a strategy of "human resource" development.

General reference on native community development issues.

Creative Play For the Developing Child: Early Lifehood Education Through Play. Cherry, Clare, (Fearon Pitman Publishers Inc., Belmont, California, U.S.A.), 1976, 260 pp.

This book examines the value of play in terms of child development during the first few years of life. It stresses the importance of learning in the context of play as opposed to the more formalized work-teaching concept of traditional educational systems.

Early childhood education material for teachers and child care workers in schools and daycare facilities.

Explaining Human Behavior: Consciousness, Human Action and Social Structure. Secord, Paul F., (Sage, Beverly Hills, California, U.S.A.), 320 pp.

A collection of essays which explores new social scientific descriptions of and approaches to human behavior. Social behavior is explained by taking into account:

- The biology of the organism
- Objective conditions in the physical and social world
- Human consciousness and sensory perceptions
- The individual's understanding of himself in society
- Social contexts and structures that are not part of an individual's consciousness or understanding.

Provides a broad philosophical basis for curriculum planning and program development, by educators and community development workers.

How To Raise Childrens' Self-Esteem. Clemes, Harris, M.D., and Bean, Raynold, Ed.M., (Enrich Division/OHAUS, San Jose, California, U.S.A.), 1980, 77 pp. (3 copies).

Self-esteem is the basis for positive growth in human relations, learning, creativity and personal responsibility. This book examines how parents and teachers can influence broad areas of a child's activities and respond more appropriately to him when he is experiencing stress.

Curriculum resource material for educators and parents.

How To Raise Teenagers' Self-Esteem (The Whole Child Series). Clark, Aminah, M.A.; Clemes, Harris, Ph.D. and Bean, Reynold, Ed.D., (Enrich Division/OHAUS, San Jose, California, U.S.A.), 1982, 93 pp. (3 copies).

This is a handbook which describes how to create an environment where self-esteem is a valued attribute in young people. It seeks to internalize principles of self-esteem by developing a practical step-by-step model that they claim has been successfully used by parents, teachers and administrators.

Curriculum and counselling resource material.

How To Teach Children Responsibility. Clemes, Harris, Ph.D. and Bean, Reynold, Ed.M., (Enrich Division/OHAUS, San Jose, California, U.S.A.), 1980, 77 pp.

This handbook uses tested methods by which parents and teachers can pass on a high sense of self-esteem, good character and an adequate set of goals and values to their children - all of which are possible when children have the ability to be responsible.

Curriculum resource material for educators and parents.

Individuals As Producers of Their Development: A Life Span Development. Lerner, Richard M., and Busch-Rossnagel, Nancy A. (eds.), (Academic Press, New York, N.Y., U.S.A.), 1981, 503 pp.

This volume of articles assesses individual development through sensitive conceptions of human development rather than mechanistic paradigms. It extends beyond child and family interaction to involve a broader ecology of human development - the social network outside the family, physical environment, and voluntary and cultural contexts. It also examines the variables affecting interaction such as physical attractiveness and handicap, race, sex, and temperament.

Useful reference in human development and psychology for counselling professionals, teachers and nurses.

Inupiat Ulitqusiat: To Save Our Land and Our People. Christensen, John D., (Media Director of Maniilaq Association, Kotzebue, Alaska, U.S.A.)

This article describes a journey to Inupiat communities by John Schaeffer of the NANA Corporation, one of the twelve native regional profit corporations established by the 1971 Alaska Native Claims Settlement Act. This journey by Schaeffer and other native NANA corporate leaders is an expression of the "Inupiaq Spirit Movement", a movement which blends the ideas, dreams, and frustrations of the region's people. The concerns are for a return to and a nurturing of the traditional spiritual and social values of the Inupiat people. The traditional values are seen as the appropriate way in which to raise and consolidate the community in the face of disintegration and destruction of the Inupiat communities and eventual loss of the land base.

Excellent reference material for Native community leaders.

100 Short Films About the Human Environment. Ewald, William R. (ed.), (ABC-CWO Inc., Santa Barbara, California, U.S.A.), 1982, 157 pp.

Describes 100 films about humanity's social, economic, physical, and cultural environments. Includes each film's communication capabilities, length, date, producer, distributor, review excerpts, and awards.

Valuable resource for educators and community development workers.

People Press: Life-Script Awareness, The. Tegeler, Bill and Carole. (University Associates, Lavolla, California, U.S.A.), 1975, 127 pp.

This is a book that describes poetically, with accompanying photographic montages, the unfolding and liberation of the self from the bondage of parental conditioning and social expectations, to an experience or awareness of unconditional love and self-awareness.

Counselling therapy resource material.

Person You Are, The. Anderson, Linda, et al. (P.A.R. Inc., Providence, Rhode Island, U.S.A.), 1978, 372 pp.

This book, designed for women, examines career skills. These skills are defined in four sections of the book. The first section is about personal growth, the second section deals with self-presentation; the third section is devoted to interpersonal relations; and the concluding section concentrates on how to use all these skills together.

Curriculum material for young women.

Psychological Survival in American Indian Communities. Ladue, R.A.; Marcelley, J.: Van Vrunt, D., (U.S. Department of Education, ERIC Reports. Document No. 211 291.)

Provides ideas and directions for the design and implementation of innovative health programs using native cultural values.

Re-Evaluation Counselling. (Rational Island Publishers, P.O. Box 2081, Main Office Station, Seattle, Washington, U.S.A. 98111.)

The following titles of books dealing with re-evaluation counselling are available through the Four Worlds Development Project, or, for a complete list of available publications, contact Rational Island Publishers.

- "Guide Book to Re-Evaluation Counselling" by Harvey Jackins
- "Letter to a Respected Psychiatrist" by Harvey Jackins
- "The Meaningful Holiday, Poems" by Harvey Jackins
- "The Re-Evaluation Counselling Community" by Carol Carrig
- "Re-Evaluation Counselling, Social Implications" by Thomas J. Scheff
- "Rough Notes From Buck Creek I" by Harvey Jackins and others
- "Rough Notes from Liberation I and II" by Harvey Jackins and others

Also available are a complete selection of re-evaluation journal publications.

Re-evaluation counselling is an effective process of human potential development and realization. The process allows for emotional and stress pattern discharge which in turn frees creative energies and intelligence.

School-Age Parents. (Presented cooperatively by the National Alliance Concerned With School-Age Parents and American School Health Association, Washington, D.C., U.S.A. 20014), 1975, 45 pp.

Originally published as a special issue of "The Journal of School Health", this journal extract has been compiled to help professional in education, school health, and the social services, deal with the problems of serving school-age parents. In addition, there are three copies of the "Journal of School Health" for May 1982, March 1980, January 1981, containing articles on "Child Initiated Health Care"; "Adolescence"; and "Symposium on Stress".

Educational health and family counselling professionals will find this publication useful in its discussion of the young unwed school-aged mother's difficult position in society.

Struggle for Significance, The. (3rd edition). Brennecke, John H. and Amick, Robert G. (Glencore Publishing Co., Inc., Encino, California, U.S.A.), 1980, 388 pp.

This is a text originally intended for use in college and university courses in personality, personal and social adjustment, and courses that focus on the expansion of personal awareness. Its orientation can best be called existential-humanistic psychology. It emphasizes the importance of seeing yourself as an integrated whole, a harmonious unity of mind, body, emotions and spirit. The many "pathways" in the pursuit of self-knowledge are examined. Psychology, philosopy, religion, art and mythology are all examined in relation to the self.

Reference material for counselling programs dealing with identity and self-awareness.

Study of Human Nature: Readings, The. Selected, edited and introduced by Leslie Stevenson. (Oxford University Press, New York, N.Y., U.S.A.), 1981, 333 pp.

In concise extracts, this reader presents some of the most influential ideas about the nature of man. The editor has excerpted selections from ancient religious writings, Greek and medieval philosophy, and a variety of scientific and philosophical theories from the seventeenth century to the present day, concentrating on the search for a scientific theory of human nature.

Valuable philosophical input for curriculum and program development.

Toward Self-Discipline: A Guide for Parents and Educators. Gilstrap, Robert. (Association for Childhood Education International, Washington, D.C., U.S.A.), 1981, 48 pp.

This publication is designed for parents and educators who are seeking positive ways of guiding children toward an understanding of their responsibilities and rights within their society. The goal of self-discipline remains central to this book. It examines in greater detail the roles and relationships of all the people involved in the daily lives of children in and out of the school setting: parents, beginning and experienced teachers, school principals and members of the community.

An intelligent and comprehensive treatment of the issue which would be useful for the teacher or childcare worker involved with preschool and young school-aged children.

Understanding Human Behavior. Milliken, Mary Elizabeth. (Delmar Publishers, Albany, N.Y., U.S.A.), 1981, 246 pp.

This is basically a textbook written to assist students in health occupation programs to learn basic principles of human behavior and thus apply a humanistic approach to the delivery of health care services. The book is divided into sections involving simulations and discussions, focusing on behavioral theories as applied to patient/health worker interaction.

Resource material for basic health care curriculum development.

Your Child's Self-Esteem. Briggs, Dorothy Corkille. (Doubleday, Garden City, N.Y., U.S.A.), 1970, 341 pp.

This work puts forth step-by-step guidelines for raising responsible, productive, happy children by recognizing the importance of the child's self-image and emphasizing the challenge for parents and teachers in helping to create feelings of self-worth.

A valuable resource for the parent and the teacher of child care worker.

BOOKS FOR CHILDREN ABOUT HUMAN DEVELOPMENT

Caring. Moncure, Jane Belk. (Children's Press, Chicago, Illinois, U.S.A.), 1980, 28 pp.

This is an illustrated book for 5 to 8 year old children, which presents ways a child can show caring behavior.

Getting Your Own Way: A Guide To Growing Up Assertively. Mihaly, Mary E., (M. Evans & Co. Inc., New York, N.Y., U.S.A.), 1979, 176 pp.

This is a self-help book designed specifically to instruct teenagers in assertiveness techniques. The author maintains that you have a right to challenge authority, the right to decide for yourself, the right to say I don't care, and explains how to protect these rights.

Issues dealth with:

- Handling criticism
- Protecting your individuality
- Dealing with sexual pressure
- Distinguishing between being dumped on by your parents and being asked to do your own share
- Getting more freedom and handling it
- Expressing anger without offending
- Relaxing with yourself and others

Reference material for adolescents in counselling programs or schools.

I Am Somebody. Greene, Laura. (Children's Press, Chicago, Illinois, U.S.A.), 1980, 30 pp.

This book is illustrated with colour photographs and is for the 6 to 10 year old child. Two friends who feel like nobody on their baseball team likes them, discuss what does make them feel important and decide that being themselves is what really matters.

I Never Say I'm Thankful, But I Am. Moncure, Jane Belk. (Children's Press, Chicago, Illinois, U.S.A.), 1980, 30 pp.

This delightful little book for the 5 to 8 year old is also illustrated and tells how a little boy thinks about all the things for which he is grateful.

It's OK to Cry (Handling Difficulties). Anderson, L.C. (Children's Press, Chicago, Illinois, U.S.A.), 1979, 32 pp.

This is a well-illustrated children's book for children aged 5 to 10, that tells about two young brothers who must deal with the death of a favorite uncle.

For anyone in the position of having to help a child deal with the issues of death.

Learning To Control Stress. Buckalew, M.W., Jr. (Richard Rosen Press Inc., New York, N.Y., U.S.A.), 1979, 115 pp.

This book is written for high school students and focuses on stress control techniques designed for use in high school life. Techniques for coping with examinations, athletic competition, job interviewing, college or university entrance, and teenage social pressures.

Curriculum resource material for teachers and counsellors.

You Are Somebody Special. (A Book to Help the Best in You Shine Through). Shedd, Charlie W. (ed.). (McGraw Hill Co., New York, N.Y., U.S.A.), 1982, 205 pp.

Written by ten of the leading authorities in education today with suggestions made by teenagers, this book discusses the problems of today's teenagers. Each chapter deals with a specific area of concern: self-image, feelings, friends, home life, choosing a career, and the meaning of life.

Curriculum development resource material in areas dealing with personal growth for teenagers.

See also the two bibliographies of literature for native young people listed in the section entitled "General Resource Material about Native People", on page 100.

- "Critical Analysis of Selected Native American Literature for Juvenile Readers"
- "What Shall Our Children Read: A Selected Bibliography of American Literature for Young People"

and the Biography "Wovoka" from the same section (page 102.).

CURRICULUM MATERIAL ABOUT HUMAN DEVELOPMENT

ELEMENTARY

Colors of My Rainbow, The. Wayman, Joe. (Good Apple Inc., Carthage, Illinois, U.S.A.), 1978, 64 pp.

This book uses colours and songs to involve children with a process of discovering and dealing with emotions as they happen, and to deal with them more directly. It contains songs combined with colouring exercises.

Elementary school curriculum material.

I'm Special: A Program For Fourth Graders. Lesesne, Tamara Smith. (Charlotte Drug Education Center Inc., Charlotte, North Carolina, U.S.A.), 1980, 114 pp.

"I'm Special" is a program of activities for 4th graders which emphasizes the uniqueness of the individual child and the need for this uniqueness to be developed and nurtured. There are eight one-hour sessions designed to increase the students self-esteem and sense of identity, to develop decision-making and communication skills, and to promote a better understanding of feelings. Through exercises, the students also learn about the strength contained within a group when its members cooperate and work together toward a common goal.

Valuable curriculum material for teachers.

Sunflowering: Thinking, Feeling, Doing Activities For Creative Expression. Stanish, Bob. (Good Apple Inc., Carthage, Illinois, U.S.A.), 1977, 89 pp.

This book is concerned about the conditions under which children grow. Through activities which encourages imaginary and real happenings to occur in the mind, it deals with four basic conditions: a relationship of things to things, a relationship of self to things, a relationship of self to self, and a relationship of self to others. Presented are a variety of activities which look at the similarities in the universe and in life in imaginative and explorative ways.

Elementary grade curriculum activities.

Thomas Self-Concept Values Test, The. For children, ages 4 to 9. Thomas Walter L., Ed.D., (W. Clement & Jessie V. Stone Foundation, 111 East Wacker Drive, Suite 510, Chicago, Illinois, U.S.A. 60601), 1972.

The purpose of this work is to provide a psychological technique for assessing the personal self-concept values of pre-primary and primary aged children.

Could be useful in assessing levels of self-esteem. However, in the native cultural context, some aspects of the testing may be either inappropriate or inaccurate.

ELEMENTARY/JUNIOR HIGH

Finding Solutions: Learning How To Deal With Life's Problems and Decisions. Cisek, James, Ed.D., (Life Skills Training Associates Ltd., Box 48133, Chicago, Illinois, U.S.A. 60648), 1980.

James Cisek is concerned with problem solving, student motivation, and the demonstration of the practicality and benefits of problem solving. There are two books included; a student workbook, and an instructor's manual. Through the use of exercises and descriptions of feasible real life situations the 10 to 15 year old reader is given the opportunity to apply strategies and ideas on his own.

Could be included in life skills curriculum design.

Will You Help Me Create the Future Today? A Guide to Making it Happen. Eggers, John R., (D.O.K. Publishers Inc., Buffalo, N.Y., U.S.A.), 1981, 172 pp.

This book provides classroom activities, the goal of which are to assist younger students in their understanding of a vision of the future which might confront them in the eighties and nineties, and the longer range possibilities for the early decades of the next century.

Curriculum resource material for elementary and junior high levels.

Developing Social Responsibility in the Middle School: A Unit Teaching Approach. Heath, Phillys a. and Weible, Thomas D. (National Education Association, Washington, D.C.), 62 pp.

The purpose of this publication is to provide assistance to teachers by offering practical suggestions on teaching ideas, sources of information, and classroom management, from planning through evaluation. Emphasis throughout is placed upon strategies and approaches to help teachers who have limited background and experience in teaching decision making skills. A complete resource unit for community planning is included, as well as a comprehensive selection of teacher resources.

Excellent resource material in educational and community development planning.

SENIOR HIGH

Living Today (Textbook Plus Teacher's Resource Guide). Oppenheim, Irene, Ph.D. (Bennett, Peoria, Illinois, U.S.A.), 1981, 384 pp.

The textbook is for older adolescents, designed to prepare them for independent living. The text covers many practical areas of living such as money management, recreation needs, transportation needs, hygiene, nutrition, goals, job hunting, taxes and all the other basic aspects of independent living. All chapters are summarized, and include questions and discussion topics.

The Teacher Resource Guide is a flexible curriculum tool containing goals for students, key ideas, activities, and resources on a chapter-by-chapter basis.

Resource for educators in curriculum planning in the area of independent living.

Me: The New Model. (High School Student Book, 223 pp., plus a High School Teacher's Manual, 183 pp.). Lakewood City Public School System. (Educational Research Council of America, Cleveland, Ohio, U.S.A.), 1973.

This is a high school curriculum studying aspects of behavior, decision-making, and human relations (i.e., communication skills). The work is comprised of the student book and a teacher's manual. There are six units: Human behavior, Controls, Real Self, Values, Response, and Change.

Curriculum resource material for use by teachers and counsellors in course and workshop planning.

Parenting and Children. Westlake, Helen Gum. (Ginn and Co., Lexington, Massachusetts, U.S.A.), 1981, 369 pp.

This book, along with the teacher's guide book, gives insight into phases of childhood and the corresponding phases of parenthood. The importance of parenthood; the infancy, preschool and school age phases, and finally special needs as related to behavioral development, are all areas thoroughly examined.

Interesting material for parents and child care professionals. Good reference material for parenting workshops.

Choices and Careers: Free to Choose: Being a Special Person. Finley, Cathaleen and Thompson, Marian. (U.S. Department of Education, ERIC Reports), Wisconsin University Document No. 158943, 26 pp.

Summarizes the choices and careers program, which deals with health, money management, nutrition, alcoholism, family life, and career and life skills planning.

ADULT

Choices and Careers: Free to Choose: Being a Special Person - Unit for Adults. Leaders Guide. Finely, Cathaleen and Thompson, Marian. (U.S. Department of Education, ERIC Reports), Wisconsin University Document No. 158942, 27 pp.

Leader's guide used in group or individual meetings with parents of girls participating in the "Choices and Career" program (see above).

Human Relations Development: A Manual For Educators. Gazda, George M.; Asbury, Frank R.; Balzer, Fred J.; Childers, William C. and Walters, Richard P. (Allyn and Bacon, Boston, Massachusetts, U.S.A.), 1977, 232 pp.

This is a manual for training educators in the development of human relations skills. Listening and perceiving, communicating and responding in order to prevent problems and the development of strategies for resolving problems are all examined in detail.

Good communication skills resource material for the teachers, administrators, and educational specialists.

ALL AGES

Human Values In The Classroom: A Handbook For Teachers. Hawley, Robert C., and Hawley, Isabel L. (Hart Publishing Co., New York, N.Y., U.S.A.), 1975, 283 pp.

In this book the authors set forth a humanistic approach to teaching and learning which focuses on the prime values of love, trust, cooperation, and tolerance. If the school is to prepare students for life, then teaching human values is tantamount to teaching life skills, the authors claim.

A sequence of theoretical and practical ideas are delineated for creating a classroom climate which promotes personal and social growth. Included are specific activities, procedures and suggestions.

Curriculum reference material for teachers.

Teaching Strategies for Values Awareness and Decision Making in Health Education. Daus, Gut T. and Strasser, Ben B. (Charles B. Slack Inc., U.S.A.), 1977, 166 pp.

This book is a systematic presentation of the concept of values: decision-making and values model concept; six teaching strategies for health education; guidelines for selecting and building the appropriate teaching strategy, with particular emphasis on values awareness; teaching and student behaviors related

to values awareness teaching; and evaluating a value awareness lesson. Each section of this book has examples which illustrate and reinforce the theoretical constructs discussed and provoke the reader's thinking about other real life decisions and related aspects of his own values. The format of the text includes some narrative, simple diagrams, a few complex models, and pages strategically placed, devoted to a synthesis of ideas in the form of principles and guidelines. The theoretical framework of the book is applicable to any subject matter area.

Individuals with teaching responsibilities in health, nursing and medical education, as well as supervisors, curriculum coordinators, administrators and others will find it useful in a variety of teaching/learning environments such as classroom, laboratory, workshop, community and institute settings.

GENERAL RESOURCE MATERIAL ON EDUCATION

Anthropology and Educational Administration. Barnhardt, Ray; Chilcott, John H., and Wolcott, Harry F. (eds.). (Impersora Sahuaro, 7575 Sendero de Juana, Tuscon, Arizona, U.S.A. 85718).

This book is a collection of anthropologically oriented articles selected especially for the perspective they offer on educational administration. These articles indicate the overall relevance of the social sciences and education, (in particular cultural anthropology) to educational administration.

Very valuable for teachers and school administrators.

Cross-Cultural Issues in Alaskan Education. Barnhardt, Ray (ed.). (Center for Northern Educational Research, University of Alaska, Fairbanks, Alaska, U.S.A.), 1977.

Intercultural education is the process by which one looks beyond his own culture and attempts to understand and appreciate how persons of other cultures interpret the life of man and the things of nature, and why they view them as they do.

Intercultural Education and The Community of Man. Walsh, John E.

This book is a collection of articles that examine cross-cultural issues in Alaskan education. The articles present a variety of views associated with the complex cross-cultural problems inherent in the educational services offered to Alaska's multicultural population. The original idea for this collection grew out of a symposium on "Native Education in Alaska". The core selection of articles came out of this symposium.

Teachers and educators will find many valuable perspectives on cross-cultural elements of education.

Culture, Community and The Curriculum. Barnhardt, Ray. Occasional Paper No. 1. (Center for Cross-Cultural Studies, University of Alaska, Fairbanks, Alaska, U.S.A.)

The author examines the goals and methods of minority education. An approach called "cultural eclecticism" is posed as an alternative to the existing educational processes based on either cultural assimilation or cultural pluralism. This eclectic approach is defined as a community-based, experiential learning process, which combines the positive elements of assimilation and pluralism within a community educational environment which he refers to as "the school without walls".

Excellent material for educators and community leaders.

Executive Summary: Study of School Programs for Alberta Natives. (Alberta Education Curriculum Policies Committee, Alberta Department of Education, 3rd Floor, Devonian Building, 11160 Jasper Avenue, Edmonton, Alberta, T5K 0L2), 1982, 27 pp.

This summary examines the kinds of special curricula that are in use in Alberta with native students, and how successful these programs and resources are. It further examines how these materials and courses have been developed and makes recommendations to the Minster of Education regarding new initiatives by the province in the area of programs and resources for native students.

Excellent resource on research material for educational program development and government curriculum negotiations.

Helping Kids Learn Multi-Cultural Concepts: A Handbook of Strategies. Pasternak, Michael G. (Research Press, Champaign, Illinois, U.S.A.), 1979, 149 pp.

This book describes the efforts of an urban school system, working in partnership with three universities and community personnel, to create a different kind of school environment - a school environment in which people recognize, accept, and seek to develop the uniqueness of each individual. Each school program focused on developing pride in one's ethnic and cultural heritage, to expose students to alternative lifestyles and cultural options, to develop understanding and appreciation for the validity of others' ethnicity, and to fill the education voids that most students have concerning cultural and ethnic diversity.

Excellent curriculum development resource material for areas examining intercultural understanding and diversity.

How To Teach Your Baby To Read. Doman, Glenn. (Doubleday, Garden City, New York, U.S.A.), 1975, 170 pp.

The author maintains that reading can start years before a child starts school, when the brain is developing most rapidly at two to three years of age. The book examines why tiny children want to, can and should learn to read. Also discussed are the controversies surrounding early reading and shows how to teach a child to read using an easy-to-follow step-by-step method.

Useful for the teacher faced with learning disabilities in reading.

Learning: The Magazine for Creative Teaching. (Pitmann Learning Inc., 19 Davis Drive, Belmont, California, U.S.A. 94001), February 1983 issue.

This issues features an article on the ideas of social scientist Amitai Etzioni, in which he advocates community involvement and social responsibility on the part of parents and teachers in a process which he calls "mutuality". While advocating a "family first" position in terms of educational responsibility, he emphasizes the importance of schools as a place in the community for practicing mutuality in community life.

School libraries should consider subscribing to this publication.

Sense and Humanity In Our Schools: A Guide For the 1980's. Clements, Zacharie J. (Silver Burdett Co., Morristown, New Jersey, U.S.A.), 1981, 359 pp.

The author has presented a critical analysis and an alternative philosophical stance to the current practices and results of the overall education system in America - an approach based on concepts of positive self-image, hope, love, and a basic ethical and values awareness all of which are integral for a student working toward personal and social standards of achievement. In three sections the current system is critically examined, the need for a sense of humanity within the system is advanced, and finally, the implementation of this broader human consciousness is intimately joined with the roles of teachers, administrators, public trustees, parents and taxpayers.

Providing a philosophical overview of education for educators.

Small High School Programs for Rural Alaska: A Preliminary Report of the Small High Schools Project. (Center for Cross-Cultural Studies School of Education, University of Alaska, Fairbanks, Alaska, U.S.A.), 1979.

This report examined the status (as of 1979) of small rural high schools, attempted to identify what was working and what wasn't, and formulate a general design and set of recommendations for small high school programs that had the potential to help them develop into effective institutions. It contains the results of various interviews, surveys, and observations carried out by project staff.

Good resource material for educational and community planning.

Something More Than Survival: A Student-Initiated Process For School Climate Improvement. Bennett, Sherrin A. (Center for Human Development, Walnut Creek, California, U.S.A.), 1978, 87 pp.

Based on experience in several California high schools, this book is a guide designed to involve students, teachers, and administrators in a cooperative collective process to analyze and improve school climate and reduce stress that interferes with learning. Each chapter describes a phase in the project: making project plans, bringing people together, training student volunteers, doing the school climate survey, preparing a school climate report, interpreting survey

results, sharing survey results, reviewing resources, and planning for improvement. Included is a materials packet containing flyers, training handouts and survey instruments.

An excellent resource tool for involving and assessing collective student needs and input in curriculum planning and development, particularly in a small contained community such as a Native community.

Wholistic Educational Evaluation. (Four Worlds Development Project, The University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, Canada, T1K 3M4), 1984.

This sixty-page paper prepared by the Four Worlds Development Project Staff, reviews the field of educational evaluation as it related to native communities. The paper suggests that many of the current evaluation methods and instruments do not measure what they purport to measure, when applied in native communities. Further, it outlines an approach to evaluating educational programs of any kind in native communities that puts the control of the process of evaluation in the hands of the native community, and insures that many of the dimensions that are excluded from traditional evaluation approaches are considered.

Available free of charge in English and French upon request from National Health and Welfare Canada.

GENERAL CURRICULUM MATERIAL

Alberta Department of Education Curriculum Guides. (Alberta Department of Education, Curriculum Branch, Edmonton, Alberta.)

The following curricula is contained in this bibliography:

- 1981 Alberta Social Studies Curriculum, Grades 3 to 12;
- 1980 Elementary Science Curriculum Guide (Interim);
- Curriculum Guide for Biology 10/20/30;
- 1978 Curriculum Guide, Junior High School Science;
- 1982 (Interim edition) Elementary Health Curriculum;
- Health Education Curriculum Objectives, Grades 10/11/12;
- Recommended Mandatory Student Objectives for Health Education in Alberta Schools, Divisions I-III (Grades 1-9).

Magook 3: Snails, Slugs, Spiders, and Bugs... A Child's Guide to Nature. (Magook Publishers Ltd., Toronto, Ontario), 1977, 32 pp.

A publication for children 6 to 10, which covers many aspects of animal and insect behavior. Fully illustrated with stories, games, poems, and activities, it also contains a chapter in the French language.

An activities book for children in natural science curriculum.

Nature's Way: Songs, Ideas, Activities and Environmental Investigations. Holmes, Deb. (Good Apple Inc., Carthage, Illinois, U.S.A.), 1980.

This book provides elementary school students with exercises, projects and activities aimed at raising awareness of environmental and ecological issues which will enable them to understand and participate in future decisions which must be based on ecological feasibility. It suggests activities centering on involvement, using resources available in playgrounds, parks, neighbourhoods, and classrooms - indoors and out.

Curriculum resource material in environmental awareness for elementary grade teachers.

South Dakota Social Studies Curriculum Guide K-12. (South Dakota Department of Education and Cultural Affairs, Pierre, South Dakota, U.S.A.), 1981, 129 pp.

This curriculum guide was developed by a state-wide task force of teachers, administrators, higher education members, and parent and community members. It attempts to meet a very broad range of demands and expectations, and serves as a guide by which schools and communities may develop and define their own limits and directions, while at the same time remaining aware of a broader context of curriculum requirements.

Good resource material for curriculum planning.

GENERAL RESOURCE MATERIAL ABOUT NATIVE PEOPLE

Critical Analysis of Selected Native American Literature for Juvenile Readers, A. Walsh, Anna C. and Adams, Caryl L. (U.S. Department of Education, ERIC Reports), 1979, 30 pp.

This paper analyzes a selection of books written by and about Native Americans, in particular the Navajo Indians.

Native American Games and European Religious Attitudes in the 16th and 17th Centuries. Eisen, George. (U.S. Department of Education, ERIC Reports, Document No. 216 833), 1981, 26 pp.

Examines aspects of white-Indian relationships as reflected in the writings of 16th and 17th century observers of Indian past-times.

Warriors of the Rainbow: Strange and Prophetic Dreams of the Indian Peoples. Willoya, William and Brown, Vinson. (Naturegraph Publishers, Inc., Happy Camp, California, U.S.A. 96039), 1962.

This work describes various Native American prophecies concerning the future of mankind and the similarities in values and visions shared by other spiritual traditions (e.g., Hindu and Buddhist traditions and prophecies). The nature, value and function of these prophecies are then discussed.

Teachers and educators will find this book valuable in terms of native spiritual values.

What Shall Our Children Read: A Selected Bibliography of American Indian Literature for Young People. Blank, Ruth. (1200 Dale Avenue No. 98, Mountain View, California, U.S.A. 94040), 1981, 22 pp.

This bibliography has attempted to select materials that are free from stereotyping, themes of white supremacy, and historial distortion and inaccuracies.

Good resource guide for teachers and native community schools.

When Buffalor Free the Mountains: The Survival of Americas Ute Indians. Wood, Nancy. (Doubleday, Garden City, N.Y., U.S.A.), 1980, 293 pp.

The Ute Indian tribes that survive today live on two adjoining reservations in southwestern Colorado, and on a distant reservation in Utah. Once a strong independent group, they are now isolated and forgotten; denied their spiritual roots, they are adrift in an alien society.

In this carefully researched study of what has happened, the author presents a stunning indictment of United States policy and behavior toward Native Americans. Hundreds of people directly concerned are interviewed: Indian families, controversial individuals, tribal council members, Bureau of Indian Affairs officials, and white neighbours and merchants. Illustrated with seventy photographs, this is a highly charged and revealing account of public indifference, private despair and of individual courage.

Wovoka. Boring, Mel. (Dillon Press, Minneapolis, Minnesota, U.S.A.), 1981, 69 pp.

This biography for 12 to 15 year olds, is about Wovoka the Paiute Messiah whose vision of a land free from white domination led to the Ghost Dance religion movement amongst Plains Indian people of the late 1800's and was ultimately shattered at the brutal Wounded Knee massacre.

Curriculum material for adolescents studying Native American spiritual heritage.

See also the section entitled "General Resource Material on Human Development" (pp. 75-83). See especially:

1. "Alaska Native Rural Development: The Nana Experience"
2. "Inupiat Ullitqusiat: To Save Our Land and Our People"
3. "Psychological Survival in American Indian Communities"

"General Resource Material on Education" (pp. 93-97) also has several books especially applicable to native people:

1. "Anthropology and Educational Administration"
2. "Cross-Cultural Issues in Alaskan Education"
3. "Culture, Community and the Curriculum"
4. "Executive Summary: Study of School Programs for Alberta Natives"
5. "Small High School Programs for Rural Alaska: A Preliminary Report of the Small High School Project"